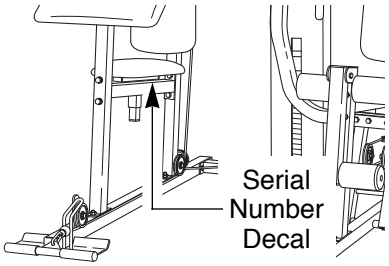
PRO-FORM® 875

Patent Pending

Model No. PFSY64390
Serial No. _____

The serial number is found in the location shown below. Write the serial number in the space above.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

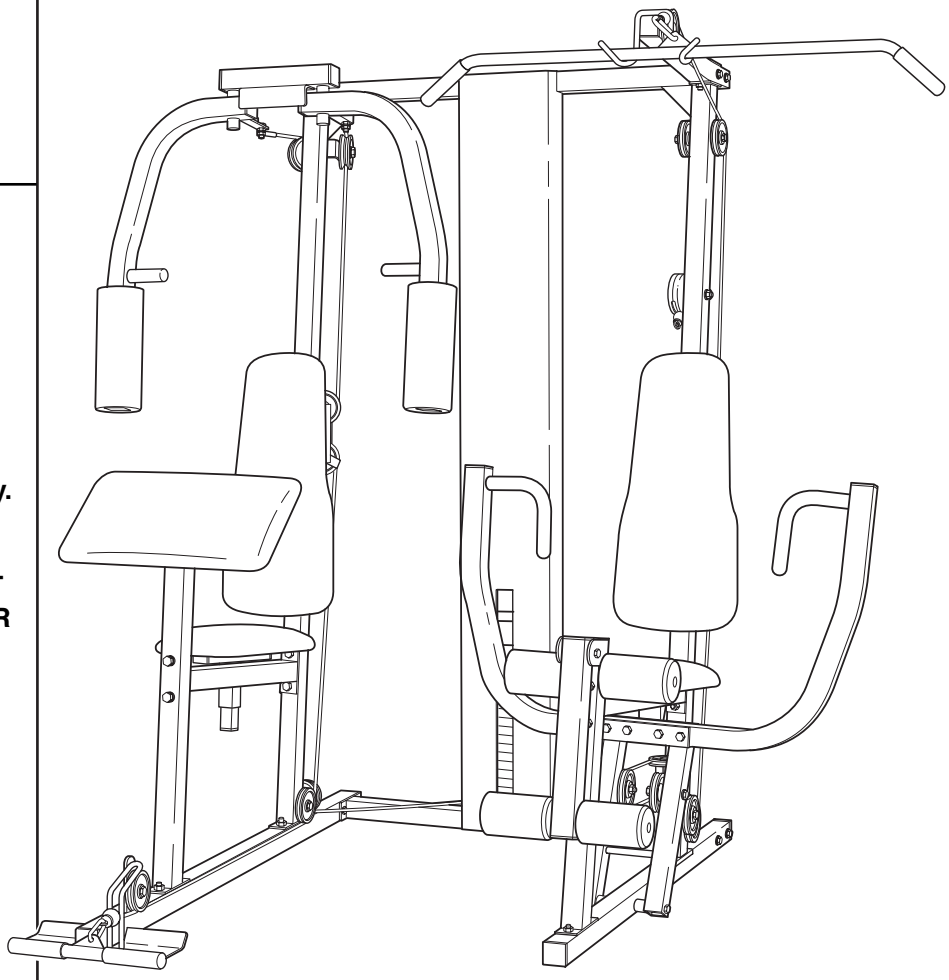
TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-800-999-3756
Mon.–Fri., 6 a.m.–6 p.m. MST

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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Note: A PART LIST/EXPLODED DRAWING and a PART IDENTIFICATION CHART are attached in the center of this manual.

Important Precautions

WARNING: To reduce the risk of serious injury, read the following important precautions before using the home gym.

1. **It is the responsibility of the owner to ensure that all users of the home gym are adequately informed of all precautions.**
2. **Read all instructions in this manual and in the accompanying literature before using the home gym.**
3. **If you feel pain or dizziness while exercising, stop immediately and begin cooling down.**
4. **Use the home gym only on a level surface. Cover the floor or carpet beneath the home gym for protection.**
5. **Inspect and tighten all parts often. Replace any worn parts immediately.**
6. **Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.**
7. **Always stand on the foot plate when doing an exercise that could cause the home gym to tip.**
8. **Keep hands and feet away from moving parts.**
9. **Keep children under the age of 12 and pets away from the home gym at all times.**
10. **Always wear athletic shoes for foot protection when exercising.**
11. **Never release the press arms, butterfly arms, leg lever, lat bar, or ab strap while weights are raised. The weights will fall with great force.**
12. **Always disconnect the lat bar or ab strap from the home gym when performing an exercise that does not use these attachments.**
13. **The home gym is intended for home use only. Do not use the home gym in a commercial, rental or institutional setting.**
14. **The decal shown at the right has been placed on the home gym in the two locations shown on page 3. If a decal is missing or illegible, please call the customer hotline listed on the front cover of this manual to order a free replacement decal. Apply the decal in the location shown.**

WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.

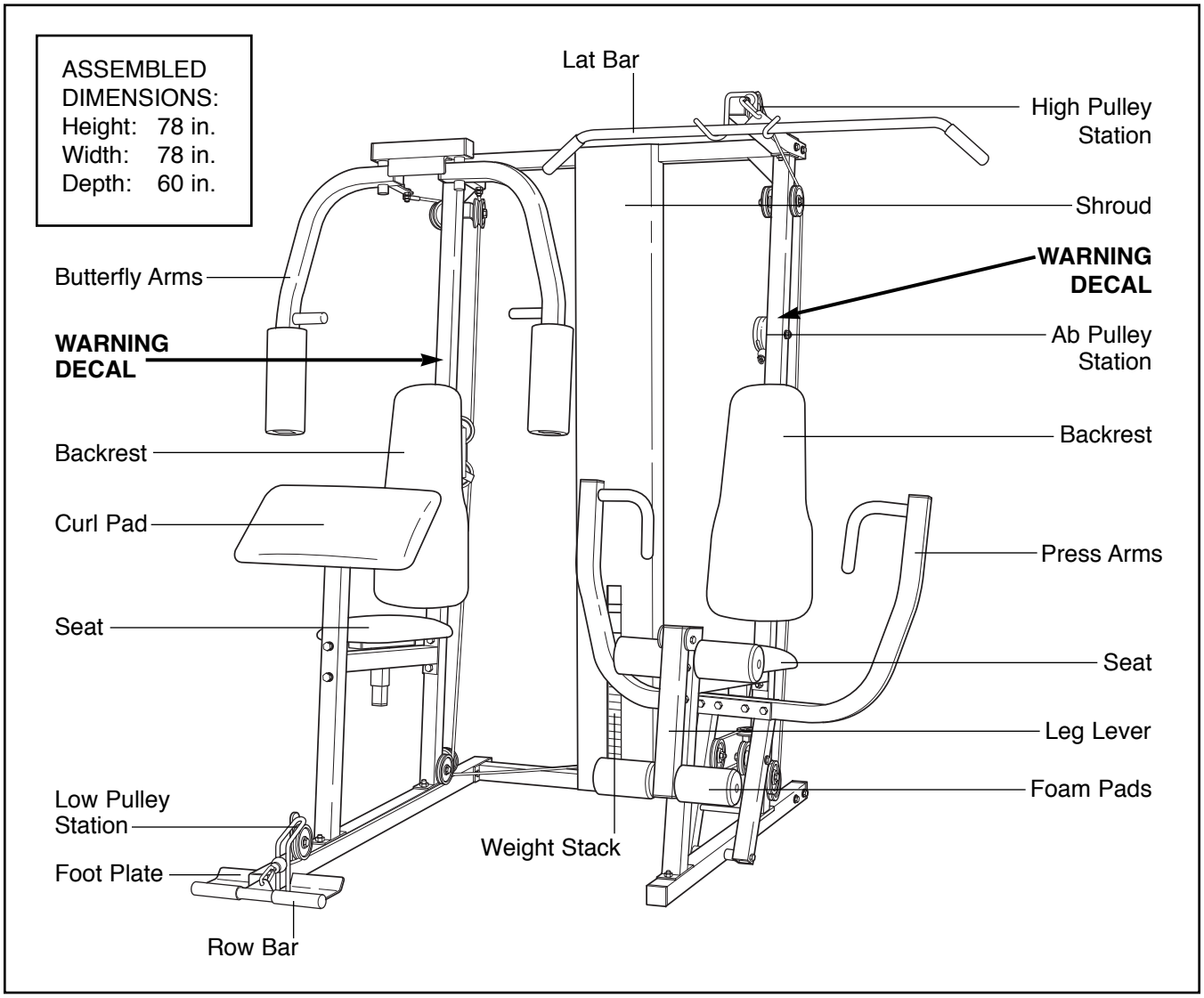
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Before You Begin

Thank you for selecting the versatile PROFORM® 875 home gym. The PROFORM® 875 offers a unique selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the PROFORM® 875 will help you to achieve the results you want.

For your benefit, read this manual carefully before using the PROFORM® 875 home gym. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PFSY64390. The serial number can be found on a decal attached to the PROFORM® 875 (see the front cover of this manual).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



Assembly

Note: This introduction will save you more time than it takes to read it!

Making Things Easier for Yourself
Everything in this manual is designed to ensure that our products can be assembled successfully by anyone. However, it is important to recognize that the home gym is a sophisticated product with many small parts. The assembly process will take several hours. Most people find that by setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to complete the process over a couple of evenings.

Some assembly steps require two people.

Giving Yourself a Good Start
Before you begin the assembly process itself, take the time to complete the steps outlined here.

Clearing a Workspace
Clear a workspace that is large enough to hold all parts and allow you to walk all the way around the assembled equipment.

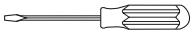
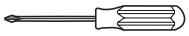
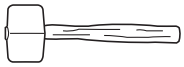
Unpacking the Box
To make assembly as smooth as possible, we have broken the process into separate stages. All parts used in each stage are found in individual packages in the shipping box. Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Important: Wait until you begin each assembly stage to open the parts bag labeled for that assembly stage.**

Identifying Parts
To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART in the center of this manual. Place the chart on the floor and use it to quickly identify parts as you open the packages for each step. Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.

Orienting Parts
As you assemble this product, be sure that all parts are oriented as shown in the drawings.

Tightening Parts
Tighten all parts as you assemble them, unless instructed to do otherwise.

Tools Required
Assembly requires the following tools (not included):

- Two (2) adjustable wrenches
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- One (1) rubber mallet 
- Lubricant, such as grease or petroleum jelly, and soapy water
- Tape, such as clear tape or masking tape

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches or a set of ratchet wrenches.

The Four Stages of the Assembly Process

Frame Assembly
You will begin by assembling the base and the upright frames that serve as the skeleton of the equipment.

Arm Assembly
Next you will assemble the press and butterfly arms that you operate while you are exercising.

Cable Assembly
During this stage you will attach the cables and pulleys that connect the moving arms with each other and with the weights.

Seat Assembly
During this stage you will assemble the seats and backrests.

Frame Assembly

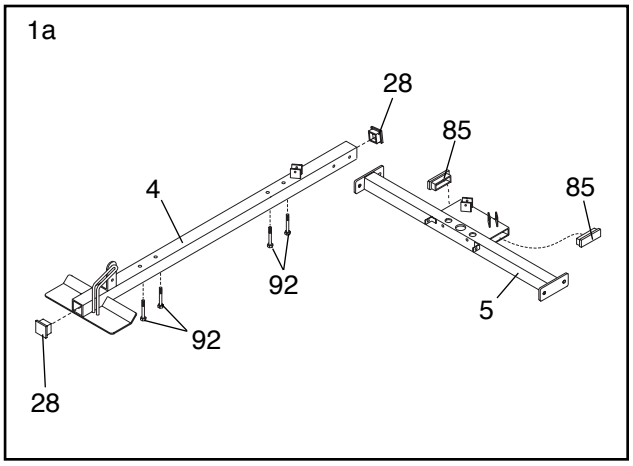
1. **Before beginning, make sure that you have read and understood the information on page 4.**

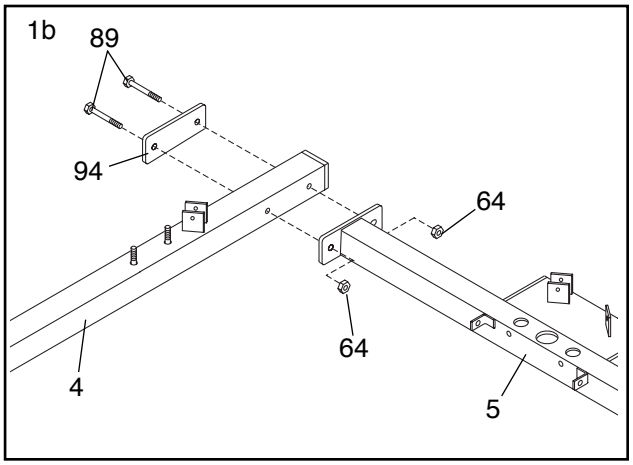
   Locate and open the parts bag labeled "FRAME ASSEMBLY."

   Press a 2" Square Inner Cap (28) into each end of the Butterfly Base (4). Press two 2" x 4" Inner Caps (85) into the indicated bracket on the Weight Base (5).

   Insert four 5/16" x 2 1/2" Carriage Bolts (92) up through the indicated holes in the Butterfly Base (4). **Note: If the Bolts fall out, secure them by putting a piece of tape over the head of each Bolt.** Place the Butterfly Base flat on the floor.

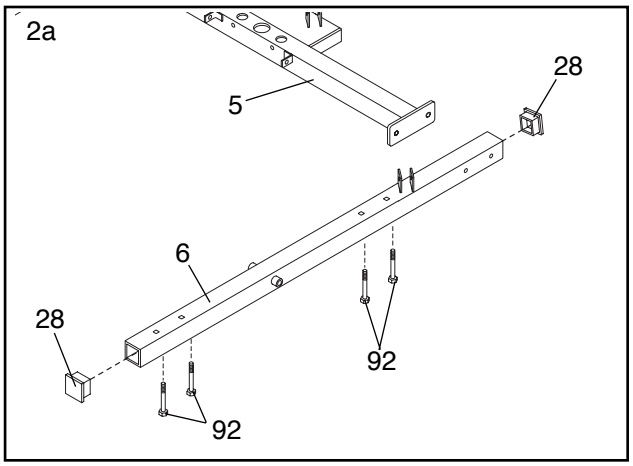
   See drawing 1b. Attach the Weight Base (5) to the Butterfly Base (4) with two 5/16" x 2 3/4" Bolts (89), a Support Plate (94), and two 5/16" Nylon Locknuts (64). **Do not tighten the Nylon Locknuts yet.**



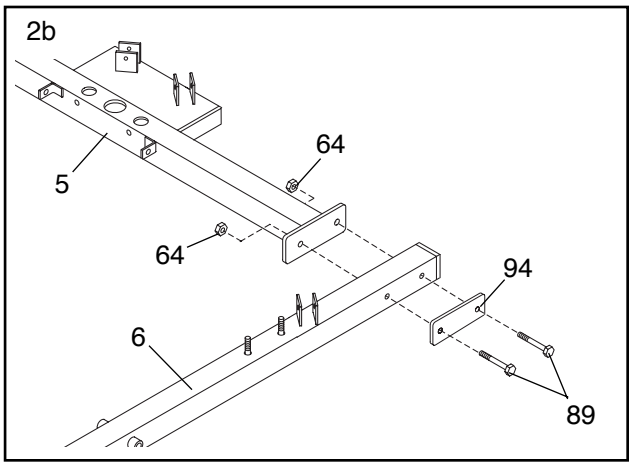


2. Press a 2" Square Inner Cap (28) into each end of the Press Base (6).

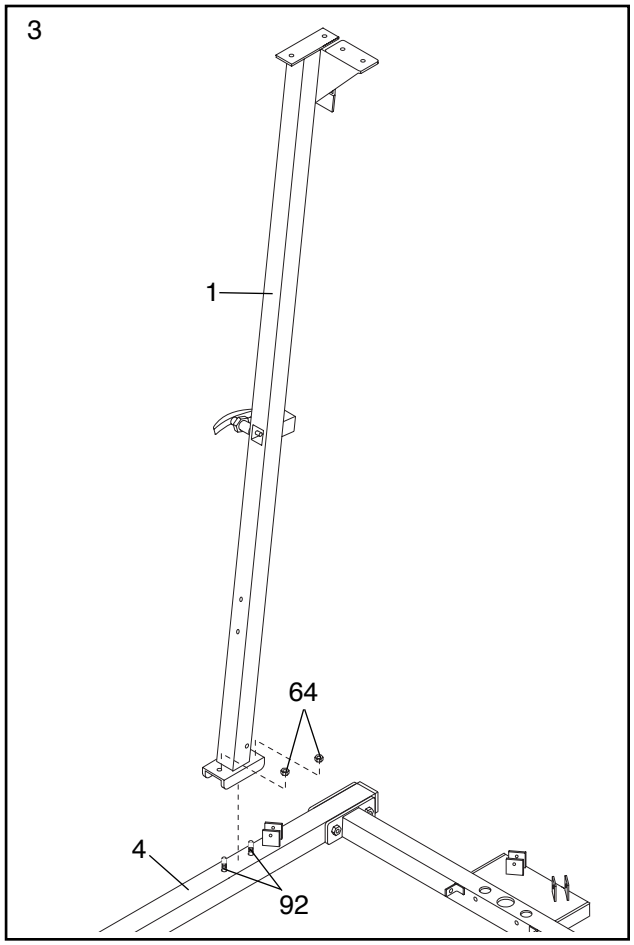
   Insert four 5/16" x 2 1/2" Carriage Bolts (92) up through the indicated holes in the Press Base (6).



   See drawing 2b. Attach the Press Base (6) to the Weight Base (5) with two 5/16" x 2 3/4" Bolts (89), a Support Plate (94), and two 5/16" Nylon Locknuts (64). **Do not tighten the Nylon Locknuts yet.**

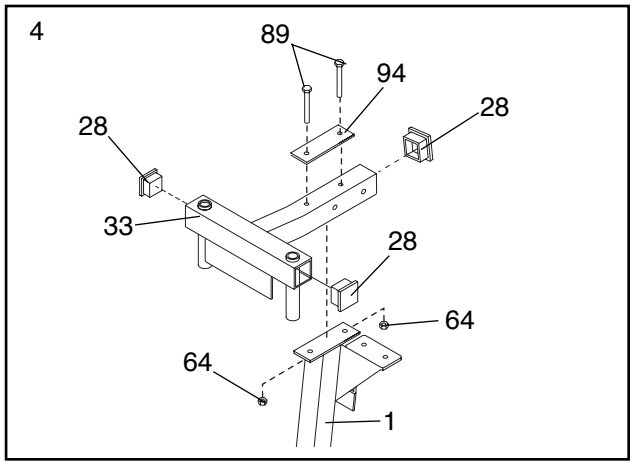


3. Place the bracket on the lower end of the Butterfly Upright (1) over the indicated 5/16" x 2 1/2" Carriage Bolts (92) in the Butterfly Base (4). Hand tighten two 5/16" Nylon Locknuts (64) onto the Bolts. **Do not tighten the Nylon Locknuts yet.**

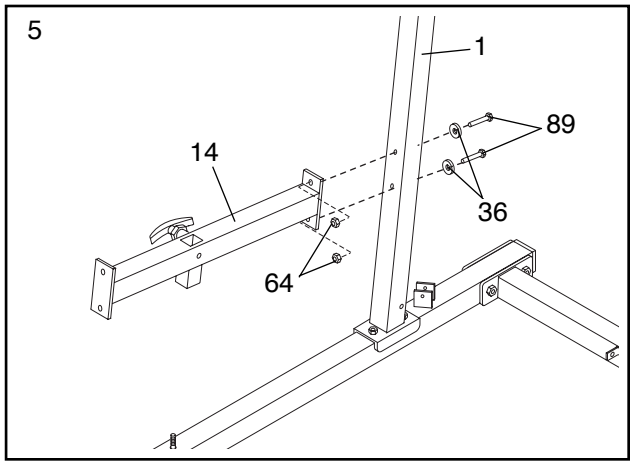


4. Press three 2" Square Inner Caps (28) into the Butterfly Top Frame (33).

   Attach the Butterfly Top Frame (33) to the indicated bracket at the top of the Butterfly Upright (1) with two 5/16" x 2 3/4" Bolts (89), a Support Plate (94), and two 5/16" Nylon Locknuts (64).

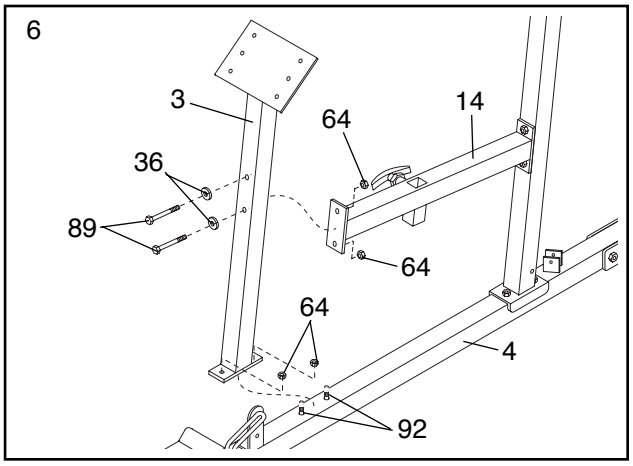


5. Attach the Butterfly Seat Frame (14) to the Butterfly Upright (1) with two 5/16" x 2 3/4" Bolts (89), two 5/16" Washers (36), and two 5/16" Nylon Locknuts (64). **Do not tighten the Nylon Locknuts yet.**

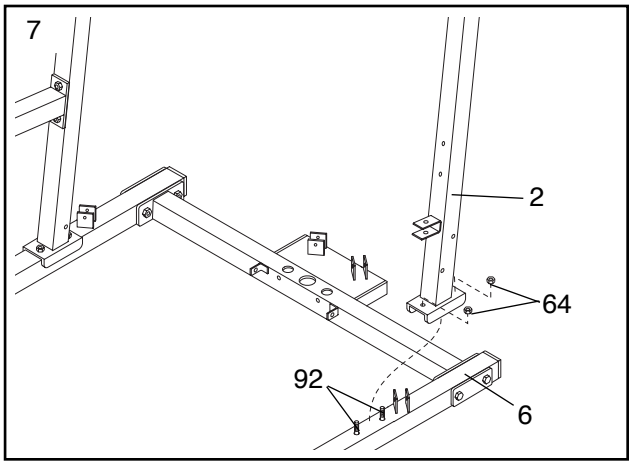


6. Slide the bracket on the Butterfly Front Leg (3) onto the two indicated 5/16” x 2 1/2” Carriage Bolts (92) in the Butterfly Base (4). Hand tighten two 5/16” Nylon Locknuts (64) onto the Bolts. **Do not tighten the Nylon Locknuts yet.**

   Attach the Butterfly Seat Frame (14) to the Butterfly Front Leg (3) with two 5/16” x 2 3/4” Bolts (89), two 5/16” Washers (36), and two 5/16” Nylon Locknuts (64). **Do not tighten the Nylon Locknuts yet.**



7. Place the bracket on the lower end of the Press Upright (2) over the indicated 5/16” x 2 1/2” Carriage Bolts (92) in the Press Base (6). Hand tighten two 5/16” Nylon Locknuts (64) onto the Bolts. **Do not tighten the Nylon Locknuts yet.**

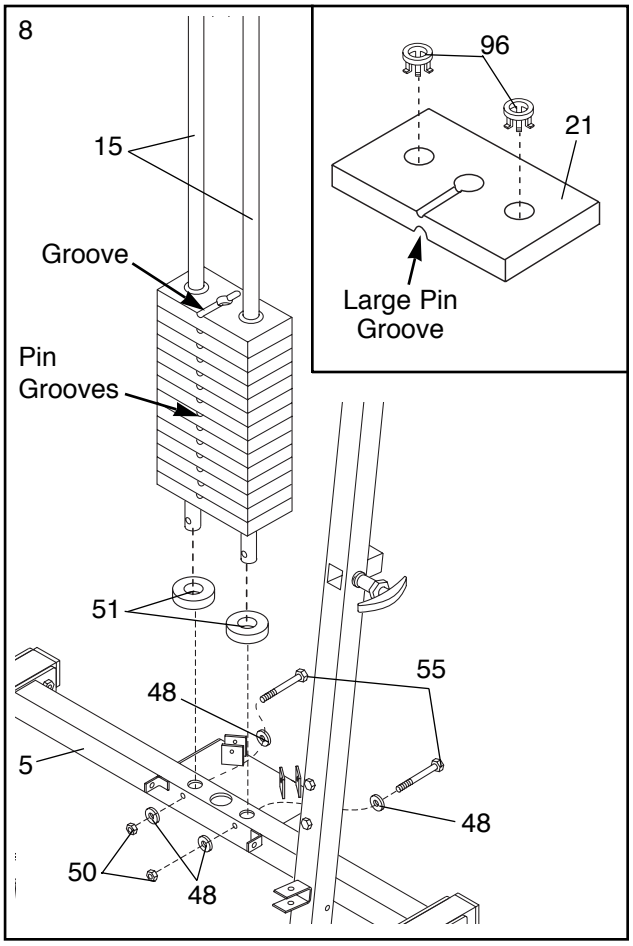


8. Place two Weight Bumpers (51) over the indicated holes in the Weight Base (5). Insert the Weight Guides (15) into the holes.

   Attach each Weight Guide (15) to the Weight Base (5) with a 3/8” x 7” Bolt (55), two 3/8” Flat Washers (48), and a 3/8” Nylon Locknut (50).

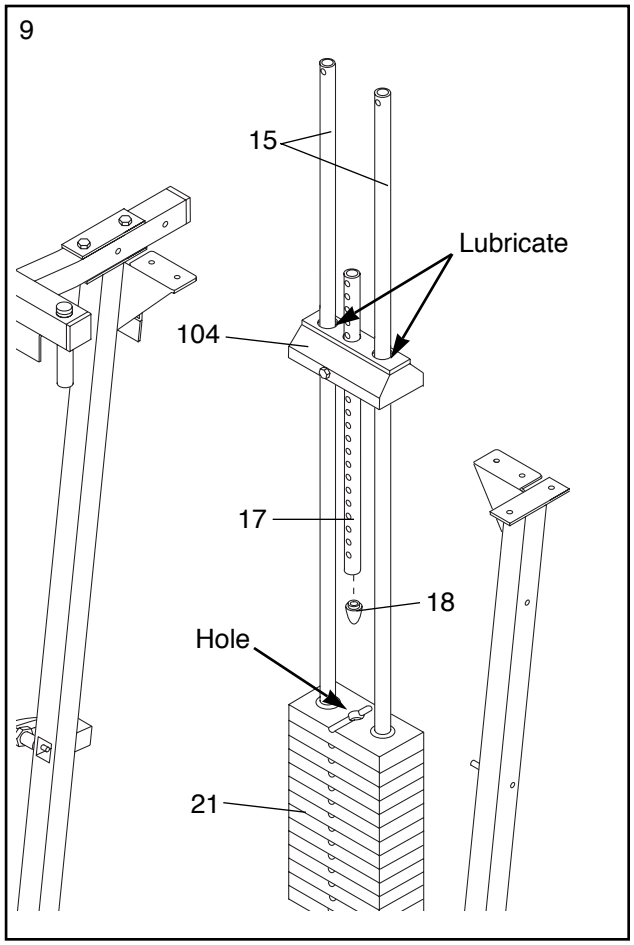
   See the inset drawing. Make sure that two Weight Inserts (96) have been pressed into each Weight (21). Turn the Weights as shown, with the large pin groove pointed toward the floor.

   Slide all of the included Weights (21) onto the Weight Guides (15). **Make sure that the Weights are turned as shown, with the pin grooves on the side shown.**



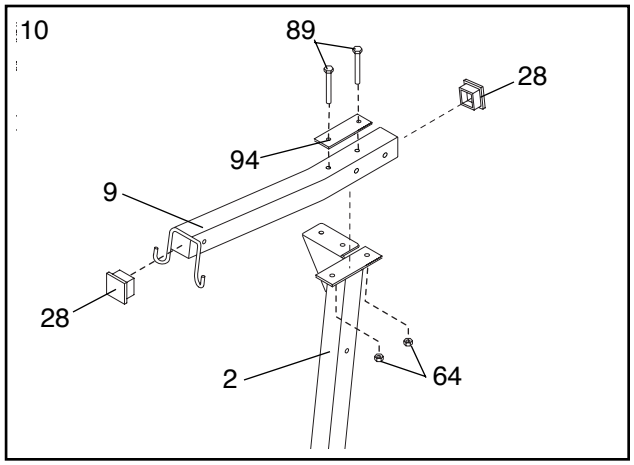
9. Lubricate the insides of the holes in the Top Weight assembly (104). Press the Weight Tube Bumper (18) into the indicated end of the Weight Tube (17).

   Slide the Weight Tube (17) and the Top Weight assembly (104) onto the Weight Guides (15). Insert the Weight Tube into the stack of Weights (21).



10. Press a 2" Square Inner Cap (28) into the each of the Press Top Frame (9).

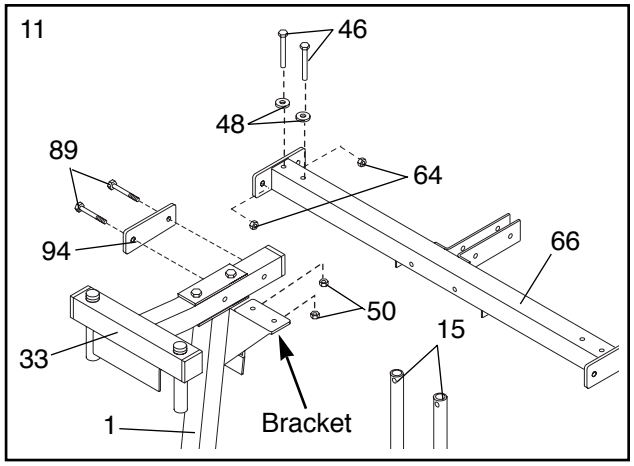
    Attach the Press Top Frame (9) to the indicated bracket at the top of the Press Upright (2) with two 5/16" x 2 3/4" Bolts (89), a Support Plate with (94) and two 5/16" Nylon Locknuts (64).



11. Place the Weight Top Frame (66) onto the indicated bracket on the Butterfly Upright (1). **Note: The two Weight Guides (15) must be behind the Weight Top Frame as shown in step 14.**

    Attach the Weight Top Frame (66) to the Butterfly Top Frame (33) with two 5/16" x 2 3/4" Bolts (89), a Support Plate (94), and two 5/16" Nylon Locknuts (64). **Do not tighten the Nylon Locknuts yet.**

    Attach the Weight Top Frame (66) to the bracket on the Butterfly Upright (1) with two 3/8" x 2 3/4" Bolts (46), two 3/8" Flat Washers (48), and two 3/8" Nylon Locknuts (50). **Do not tighten the Nylon Locknuts yet.**

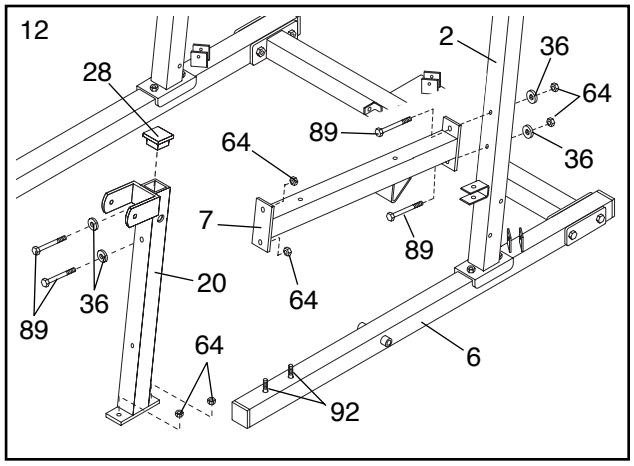


12. Attach the Press Seat Frame (7) to the Press Upright (2) with two 5/16” x 2 3/4” Bolts (89), two 5/16” Washers (36), and two 5/16” Nylon Locknuts (64). **Do not tighten the Nylon Locknuts yet.**

    Press a 2” Square Inner Cap (28) into the top of the Press Front Leg (20).

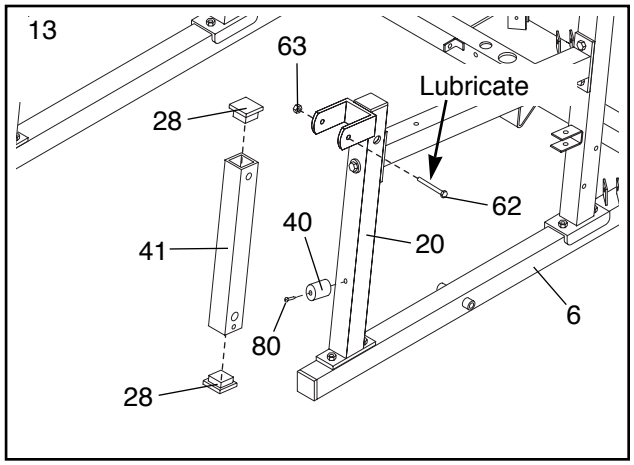
    Slide the bracket on the Press Front Leg (20) onto the indicated 5/16” x 2 1/2” Carriage Bolts (92) in the Press Base (6). Hand tighten two 5/16” Nylon Locknuts (64) onto the Bolts. **Do not tighten the Nylon Locknuts yet.**

    Attach the Press Seat Frame (7) to the Press Front Leg (2) with two 5/16” x 2 3/4” Bolts (89), two 5/16” Washers (36), and two 5/16” Nylon Locknuts (64). **Do not tighten the Nylon Locknuts yet.**



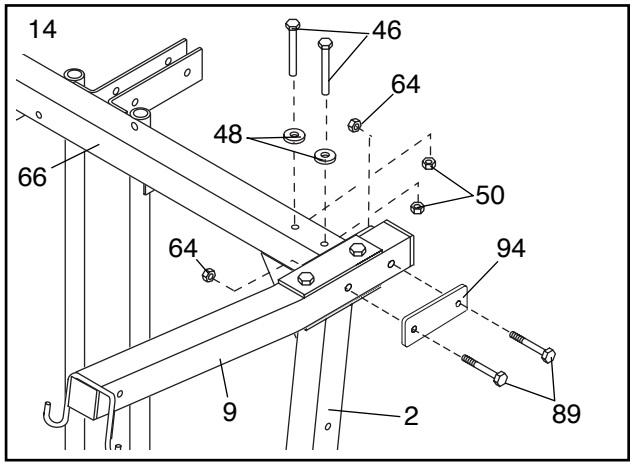
13. Attach the Bumper (40) to the indicated hole in the Press Front Leg (20) with a 1” Tap Screw (80).

    Press two 2” Square Inner Caps (28) into both ends of the Leg Lever (41). Lubricate the 3/8” x 3 1/4” Bolt (62). Attach the Leg Lever (41) to the Press Front Leg (20) with the Bolt and a 3/8” Nylon Jam Nut (63). **Do not overtighten the Nylon Jam Nut; the Leg Lever must pivot freely.**



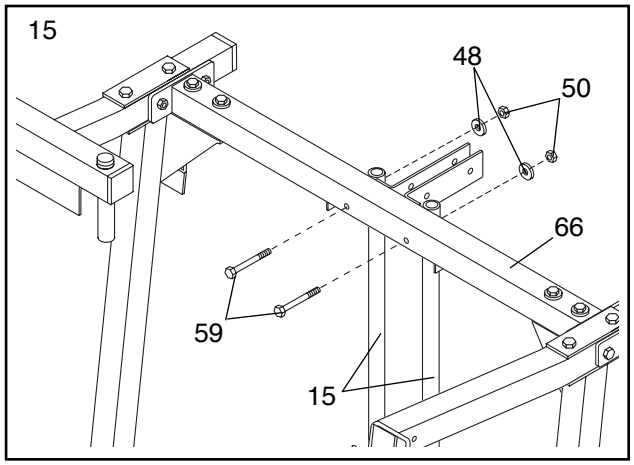
14. Attach the Weight Top Frame (66) to the Press Top Frame (9) with two 5/16” x 2 3/4” Bolts (89), a Support Plate (94), and two 5/16” Nylon Locknuts (64). **Do not tighten the Nylon Locknuts yet.**

    Attach the Weight Top Frame (66) to the bracket on the Press Upright (2) with two 3/8” x 2 3/4” Bolts (46), two 3/8” Flat Washers (48), and two 3/8” Nylon Locknuts (50). **Do not tighten the Nylon Locknuts yet.**



15. Attach each Weight Guide (15) to the Weight Top Frame (66) with a 3/8” x 3 3/4” Bolt (59), a 3/8” Flat Washer (48), and a 3/8” Nylon Locknut (50).

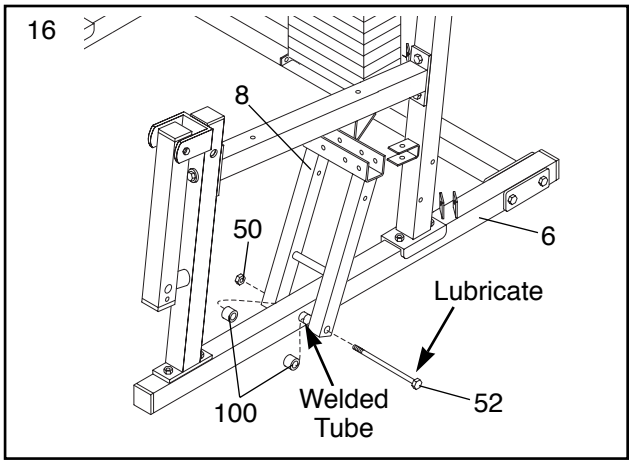
    Important: Go back and fully tighten all Nylon Locknuts used in steps 1 through 15.



Arm Assembly

16. **Press Arm Assembly—Locate and open the parts bag labeled "ARM ASSEMBLY."**

    Press a Plastic Bushing (100) onto each welded tube on the Press Frame (8). Lubricate the 3/8" x 8" Bolt (52). Attach the Press Frame to the welded tubes on the Press Base (6) with the Bolt and a 3/8" Nylon Locknut (50). **Do not overtighten the Nylon Locknut; the Press Frame must pivot easily.**



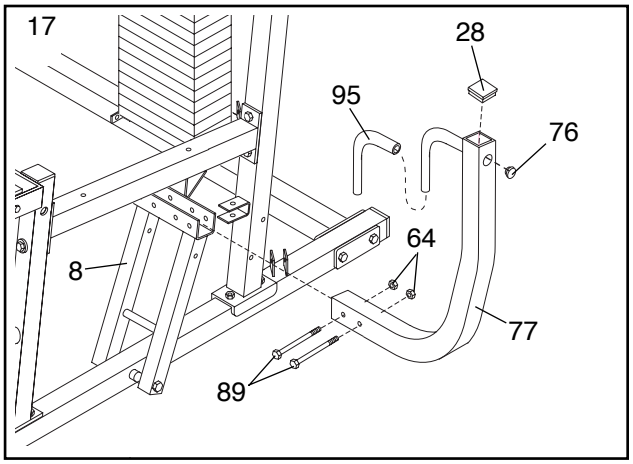
17. Press a 2" Square Inner Cap (28) into the top of a Press Arm (77).

    Press a 1" Inner Cap (76) into the indicated hole in the Press Arm (77).

    Attach the Press Arm (77) to the bracket on the Press Frame (8) with two 5/16" x 2 3/4" Bolts (89) and two 5/16" Nylon Locknuts (64).

    Wet the handle on each Press Arm (77) with soapy water. Slide a Press Grip (95) onto the handle.

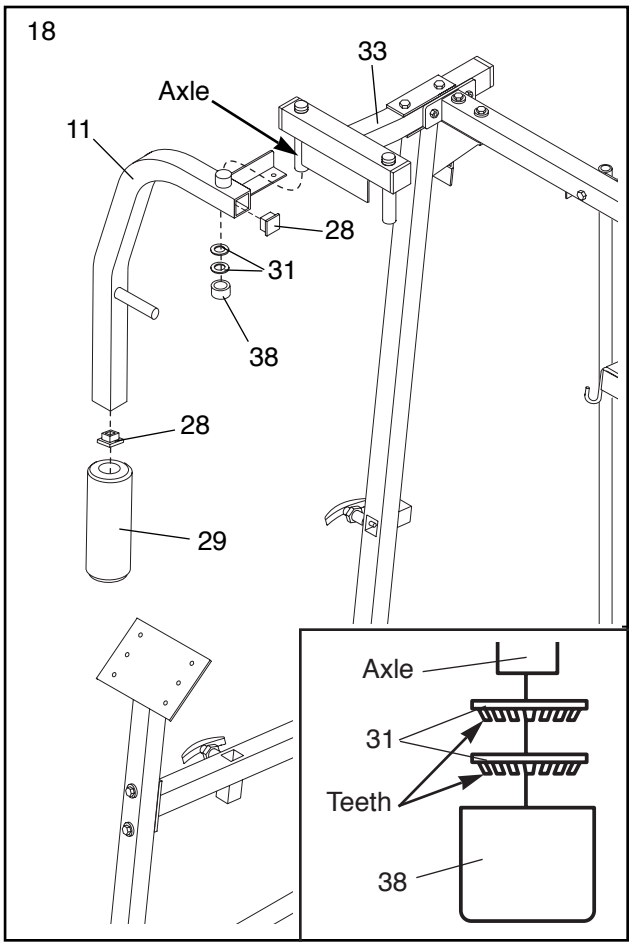
    Repeat these steps to assemble the other Press Arm (not shown).



18. Press two 2" Square Inner Caps (28) into the Right Butterfly Arm (11). Wet the lower end of the Arm with soapy water. Slide a Butterfly Foam Pad (29) onto the indicated end of the Arm.

    Lubricate the indicated axle on the Butterfly Top Frame (33). Orient the Right Butterfly Arm (11) as shown and slide it onto the axle. Have a second person hold the Arm in place. Place two Retainer Rings (31) on top of an inverted 1" Round Outer Cap (38). **Make sure that the teeth on the Retainer Rings bend toward the Round Outer Cap as shown in the inset drawing. Gently tap the Round Outer Cap onto the axle with a hammer.**

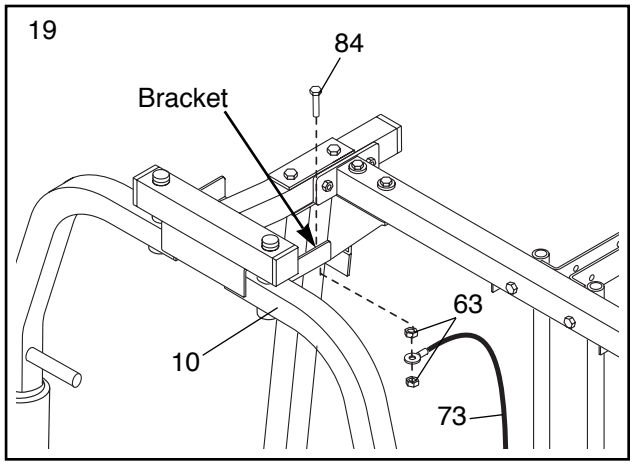
    Attach the Left Butterfly Arm (not shown) on the opposite side as described above.



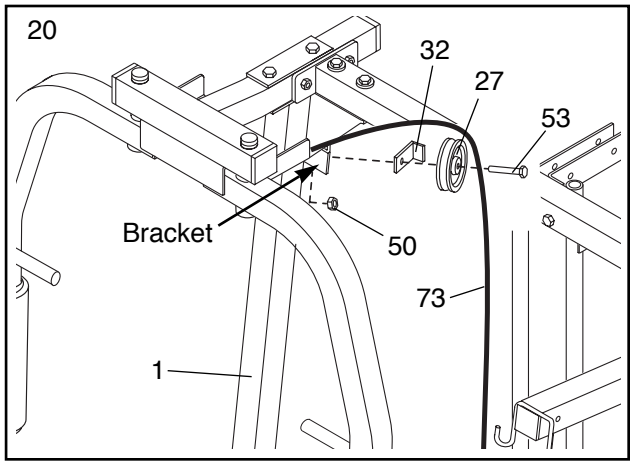
Cable Assembly

19. **Locate and open the parts bag labeled "Cable Assembly and Pulleys." For Cable identification and routing during steps 19 to 49, refer to the Cable Diagram and Cable ID Chart on page 23 and 24.**

    Identify the Butterfly Cable (73); it is approximately 65" long and it has a closed loop on each end. Attach one end of the Butterfly Cable to the bracket on the Left Butterfly Arm (10) with a 3/8" x 1" Bolt (84) and two 3/8" Nylon Jam Nuts (63). **Note: The loop on the Cable and the two Nylon Jam Nuts must be underneath the bracket.**

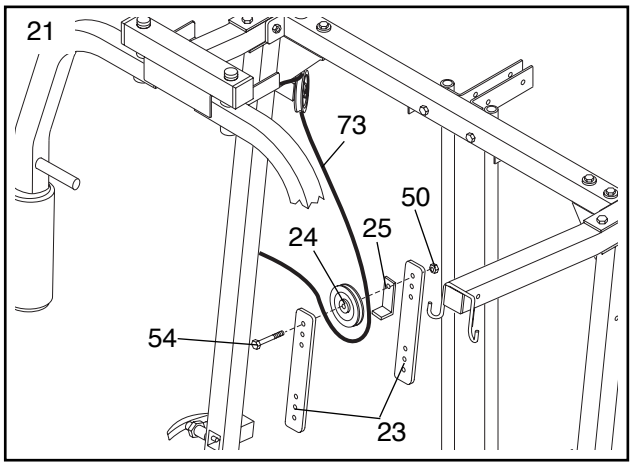


20. Wrap the Butterfly Cable (73) around a "V"-Pulley (27) in the direction shown. Attach the "V"-Pulley and a Large Cable Trap (32) to the bracket **on the back of the Butterfly Upright (1)** with a 3/8" x 2 1/2" Bolt (53) and a 3/8" Nylon Locknut (50). **Make sure that the Large Cable Trap is oriented as shown.**

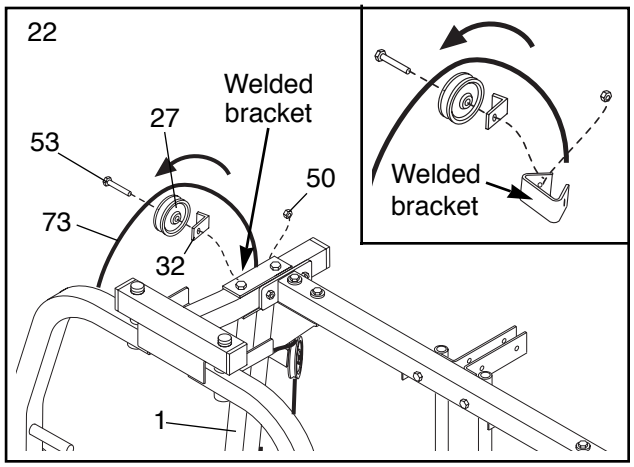


21. Remove both 3 1/2" Pulleys (24) and the Cable Trap (25) from the pre-assembled Pulley Plates (23).

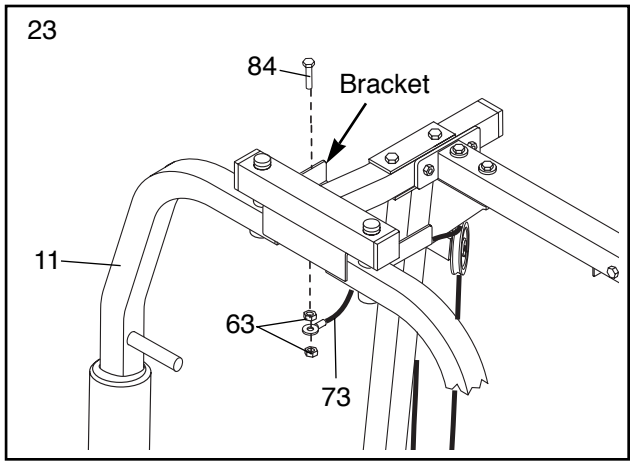
    Wrap the Butterfly Cable (73) around a 3 1/2" Pulley (24) in the direction shown. Attach the Pulley and the Cable Trap (25) to the top hole in the Pulley Plates (23) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50). **Make sure the Cable Trap and Pulley Plates are oriented as shown in the drawing.**



22. Wrap the Butterfly Cable (73) around a "V"-Pulley (27) in the direction shown. Attach the "V"-Pulley and a Large Cable Trap (32) to the welded bracket (see the inset drawing) **on the back of the Butterfly Upright (1)** with a 3/8" x 2 1/2" Bolt (53) and a 3/8" Nylon Locknut (50). **Make sure that the Large Cable Trap is oriented as shown.**

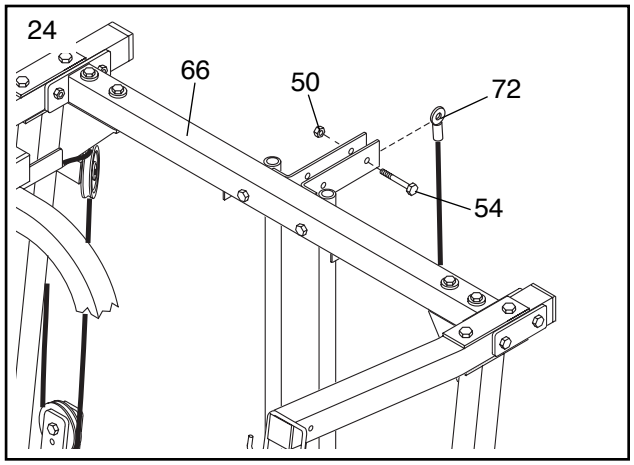


23. Attach the Butterfly Cable (73) to the bracket on the Right Butterfly Arm (11) with a 3/8" x 1" Bolt (84) and two 3/8" Nylon Jam Nuts (63). **Note: The loop on the Cable and the two Nylon Jam Nuts must be underneath the bracket.**



24. Identify the Weight Cable (72); it is approximately 117 3/4" long and it has a closed loop on one end and a bolt on the other end.

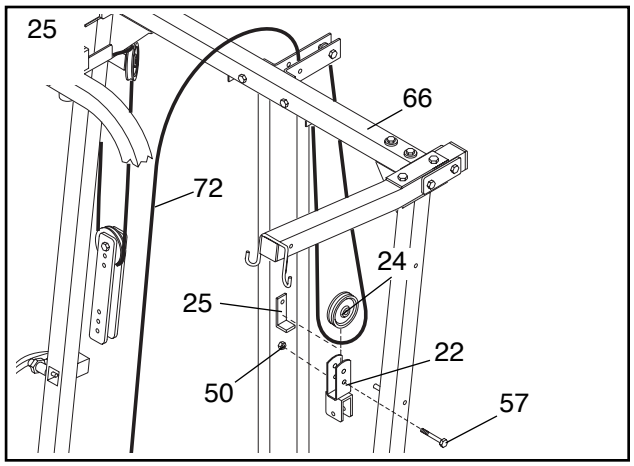
    Attach the closed loop on the Weight Cable (72) to the indicated bracket on the Weight Top Frame (66) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50).



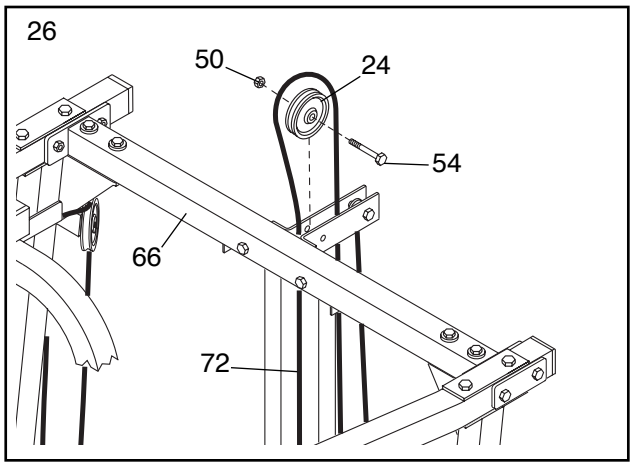
25. Remove both 3 1/2" Pulleys (24) from the pre-assembled Pulley Bracket (22).

    Wrap the Weight Cable (72) around a 3 1/2" Pulley (24) in the direction shown. Attach the Pulley and a Cable Trap (25) to the indicated hole of the Pulley Bracket (22) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50). **Make sure that the Pulley Bracket and Cable Trap are oriented exactly as shown.**

    Route the Weight Cable (72) up through the bracket on the Weight Top Frame (66) from below.

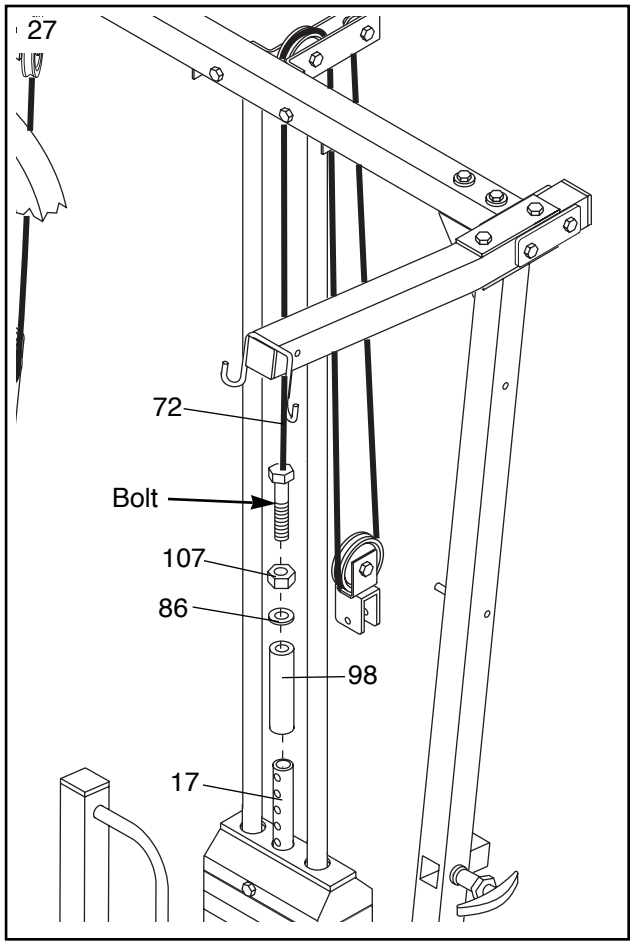


26. Wrap the Weight Cable (72) around a 3 1/2" Pulley (24) in the direction shown and route it down through the bracket on the Weight Top Frame (66). Attach the Pulley inside the bracket on the Weight Top Frame with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50).



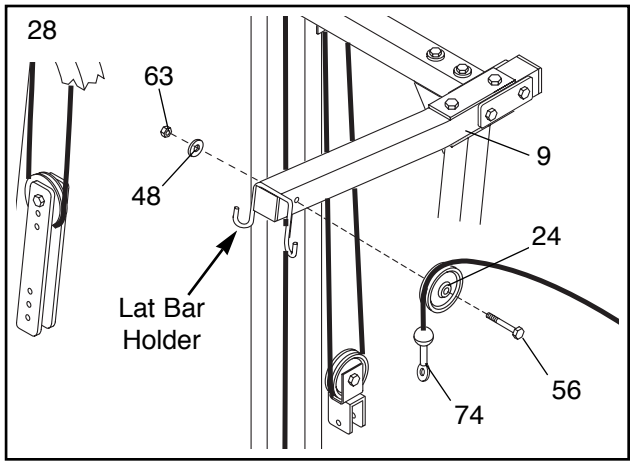
27. Attach the bolt at the end of the Weight Cable (72), the 1/2" Plain Nut (107), the 1/2" Flat Washer (86), and the Long Weight Spacer (98) to the Weight Tube (17) in the order shown.

Note: The bolt at the end of the Weight Cable (72) is one of the means for tightening the Cables (72, 73, 74, and 75). After you have mounted all four Cables, use the following procedure for tightening the Cables: Thread the bolt into the Weight Tube (17) until all Cables are tight and rest firmly in the grooves of all Pulleys. Then tighten the 1/2" Plain Nut (107) onto the 1/2" Washer (86).

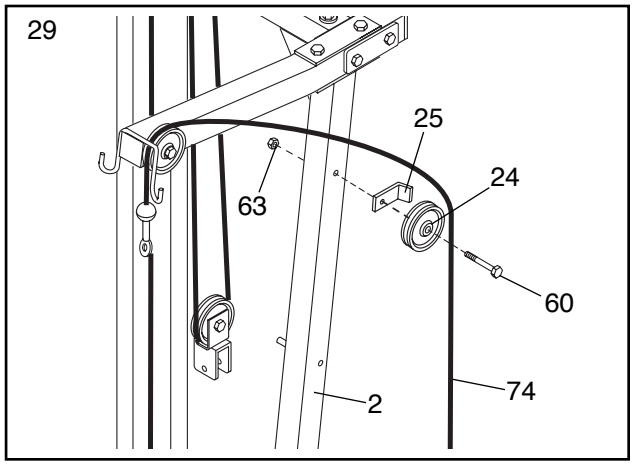


28. Identify the High Cable (74); it is approximately 98" long and it has a ball on each end.

Wrap one end of the High Cable (74) around a 3 1/2" Pulley (24) in the direction shown. Attach the Pulley to the indicated hole in the Press Top Frame (9) with a 3/8" x 3 1/2" Bolt (56), a 3/8" Flat Washer (48), and a 3/8" Nylon Jam Nut (63). **Make sure that the Cable is between the Pulley and the lat bar holder.**

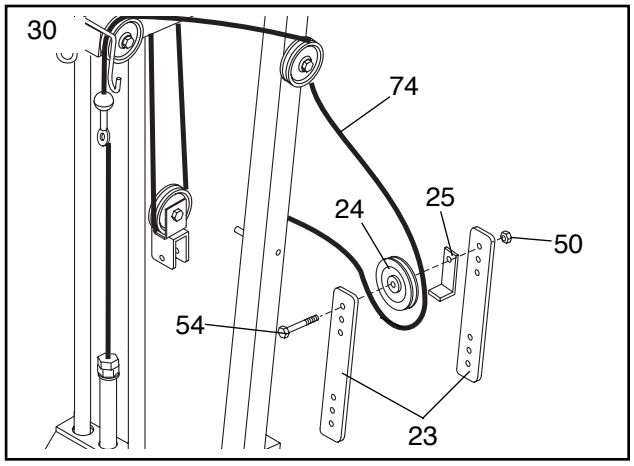


29. Wrap the High Cable (74) around a 3 1/2" Pulley (24) in the direction shown. Attach the Pulley and a Cable Trap (25) to the indicated hole in the Press Upright (2) with a 3/8" x 4 3/4" Bolt (60) and a 3/8" Nylon Jam Nut (63). **Note: Thread the Jam Nut only two turns onto the Bolt. You will attach another Pulley to the Bolt in step 31.**

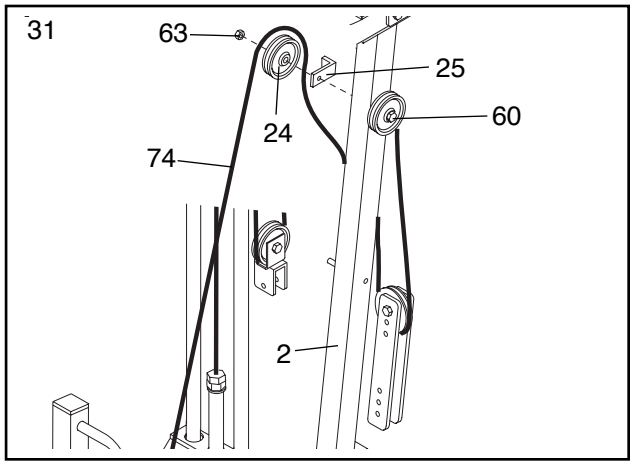


30. Remove both 3 1/2” Pulleys (24) and the Cable Trap (25) from the pre-assembled Pulley Plates (23).

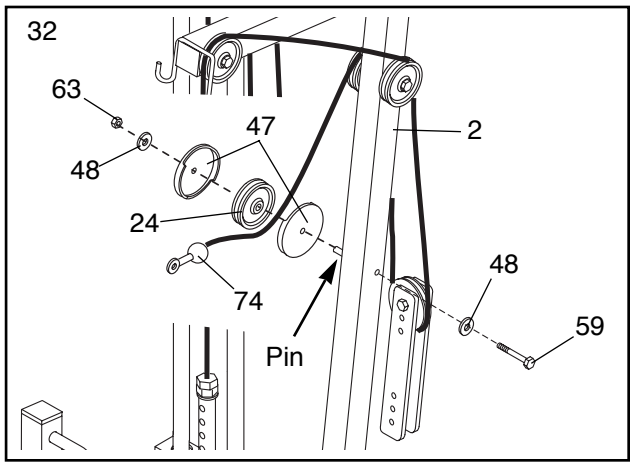
    Wrap the High Cable (73) around a 3 1/2” Pulley (24) in the direction shown. Attach the Pulley and the Cable Trap (25) to the top hole in the Pulley Plates (23) with a 3/8” x 2” Bolt (54) and a 3/8” Nylon Locknut (50). **Make sure the Cable Trap and Pulley Plates are oriented as shown in the drawing.**



31. Wrap the High Cable (74) around a 3 1/2” Pulley (24) in the direction shown. Attach the Pulley and a Cable Trap (25) to the 3/8” x 4 3/4” Bolt (60) that you attached in step 29. Secure the Pulley with the 3/8” Nylon Jam Nut (63).

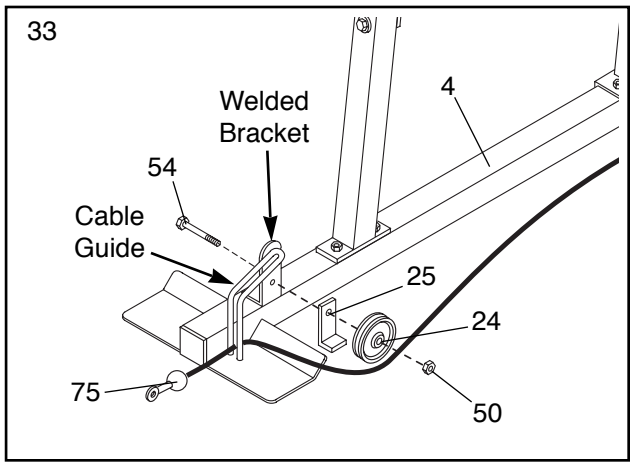


32. Wrap the High Cable (74) around a 3 1/2” Pulley (24) in the direction shown. Place two Pulley Covers (47) over the Pulley so that the slots in the Pulley Covers are placed over the Cable. Attach the Pulley and the Pulley Covers to the indicated hole in the Press Upright (2) with a 3/8” x 3 3/4” Bolt (59), two 3/8” Flat Washers (48), and a 3/8” Nylon Jam Nut (63). **Make sure that the Cable is between the Pulley and the welded pin on the Upright.**

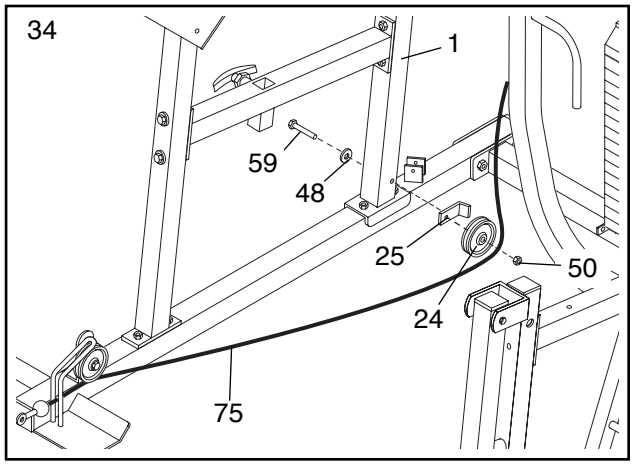


33. Identify the Low Cable (75); it is approximately 404 1/2” long and it has a ball on one end and a closed loop on the other end.

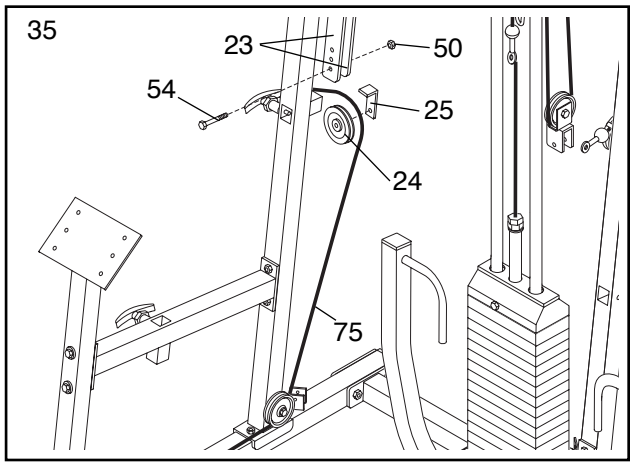
    Route the end of the Low Cable (75) with the closed loop through the cable guide on the Butterfly Base (4). Next, wrap the Low Cable around a 3 1/2” Pulley (24) in the direction shown. Attach the Pulley and a Cable Trap (25) to the bracket on the Butterfly Base with a 3/8” x 2” Bolt (54) and a 3/8” Nylon Locknut (50).



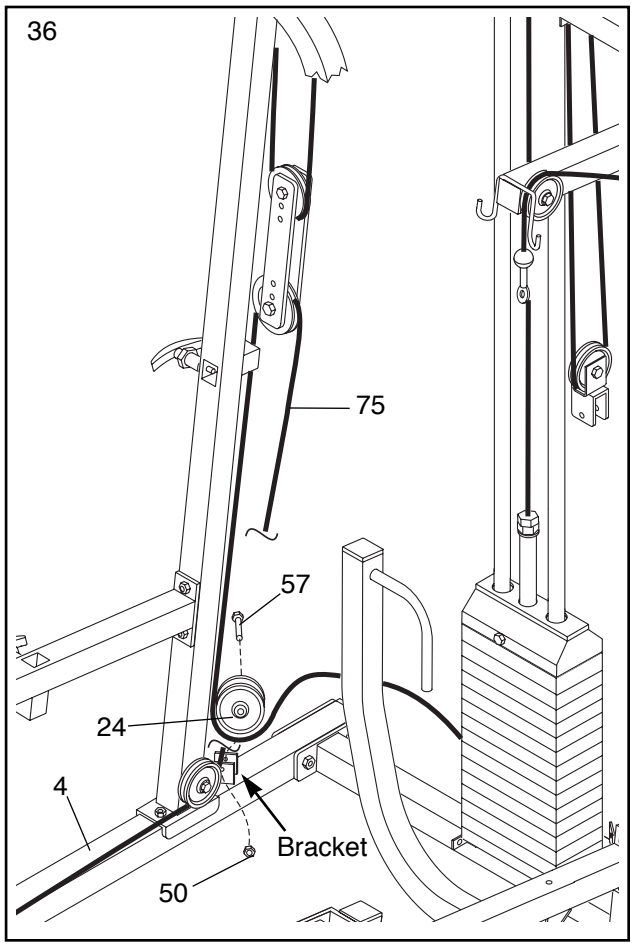
34. Wrap the Low Cable (75) around a 3 1/2” Pulley (24) in the direction shown. Attach the Pulley and a Cable Trap (25) to the indicated hole in the Butterfly Upright (1) with a 3/8” x 3 3/4” Bolt (59), a 3/8” Flat Washer (48), and a 3/8” Nylon Locknut (50). **Make sure that the Cable Trap is oriented as shown.**



35. Wrap the Low Cable (75) around a 3 1/2” Pulley (24) in the direction shown. Attach the Pulley and a Cable Trap (25) to the lowest hole in the Pulley Plates (23) with a 3/8” x 2” Bolt (54) and a 3/8” Nylon Locknut (50). **Make sure that the Cable Trap is oriented as shown.**

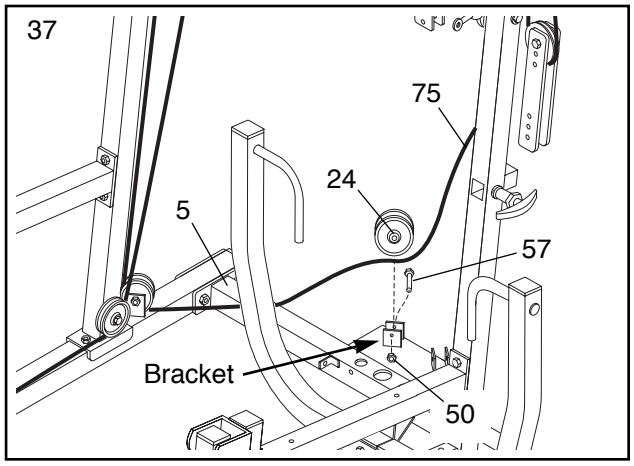


36. Wrap the Low Cable (75) around a 3 1/2” Pulley (24) in the direction shown. Attach the Pulley to the indicated bracket on the Butterfly Base (4) with a 3/8” x 1 3/4” Bolt (57) and a 3/8” Nylon Locknut (50).

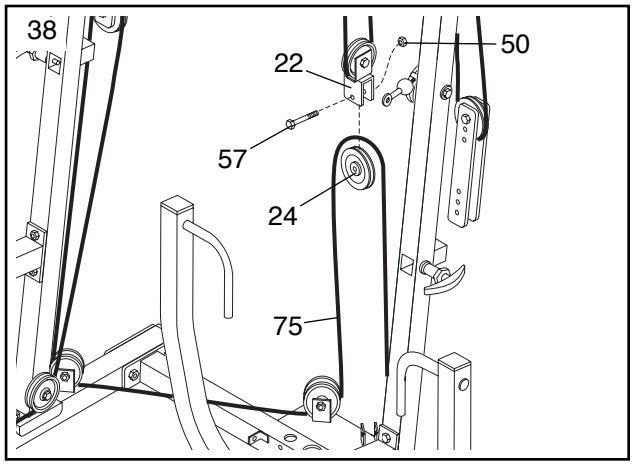


37. Note: For the sake of clarity, the weights are not shown in the following steps.

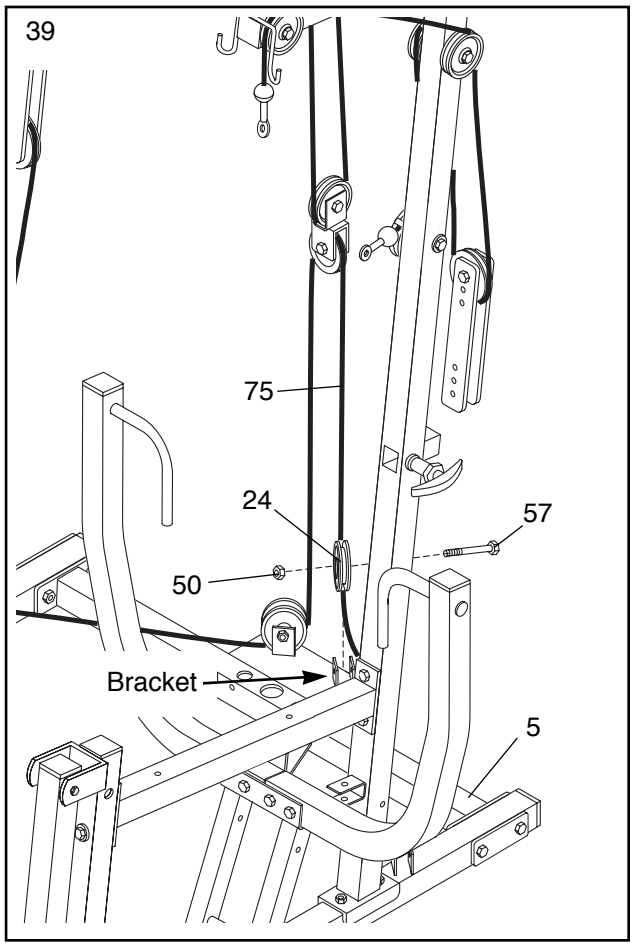
    Wrap the Low Cable (75) around a 3 1/2” Pulley (24) in the direction shown. Attach the Pulley to the indicated bracket on the Weight Base (5) with a 3/8” x 1 3/4” Bolt (57) and a 3/8” Nylon Locknut (50).



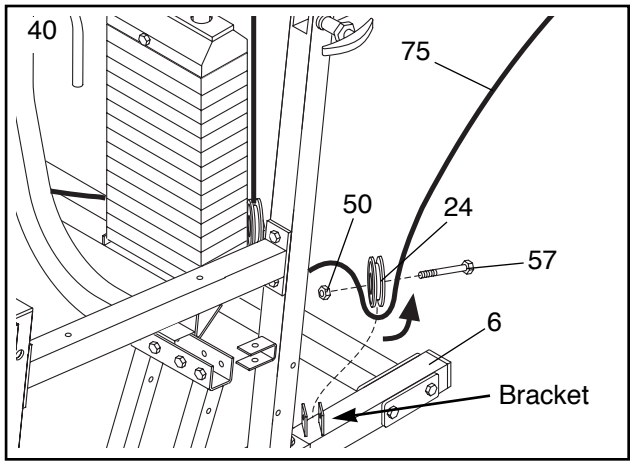
38. Wrap the Low Cable (75) around a 3 1/2” Pulley (24) in the direction shown. Attach the Pulley to the lower half of the Pulley Bracket (22) with a 3/8” x 1 3/4” Bolt (57) and a 3/8” Nylon Locknut (50).



39. Wrap the Low Cable (75) around a 3 1/2” Pulley (24) in the direction shown. Attach the Pulley to the indicated bracket on the Weight Base (5) with a 3/8” x 1 3/4” Bolt (57) and a 3/8” Nylon Locknut (50).

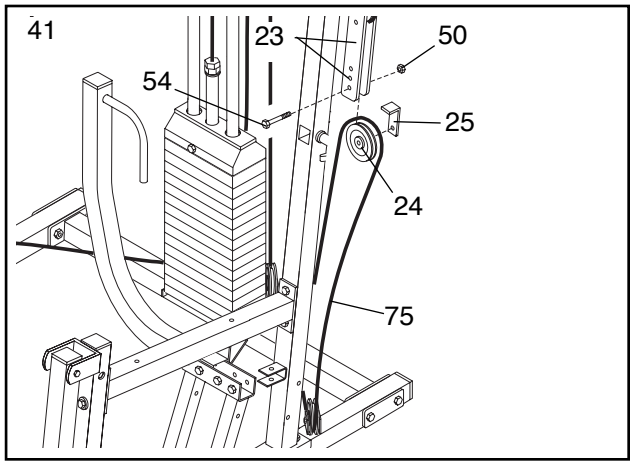


40. Wrap the Low Cable (75) around a 3 1/2” Pulley (24) in the direction shown. Attach the Pulley to the indicated bracket on the Press Base (6) with a 3/8” x 1 3/4” Bolt (57) and a 3/8” Nylon Locknut (50).

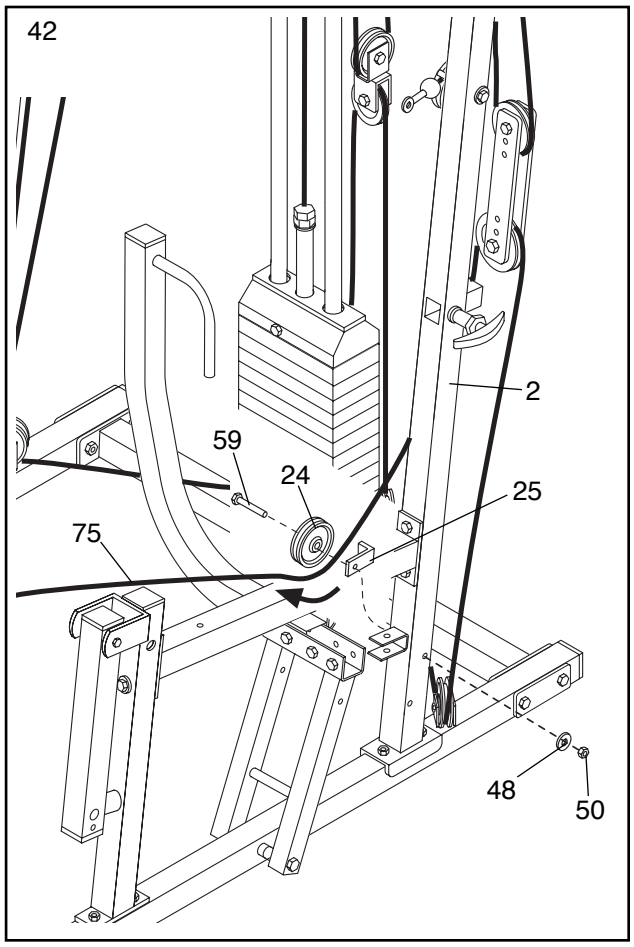


41. **Important note: Although the following steps are not difficult to perform, the correct routing of the cable is critical. Please make sure that you wrap the cable around the pulleys exactly as shown in each step.**

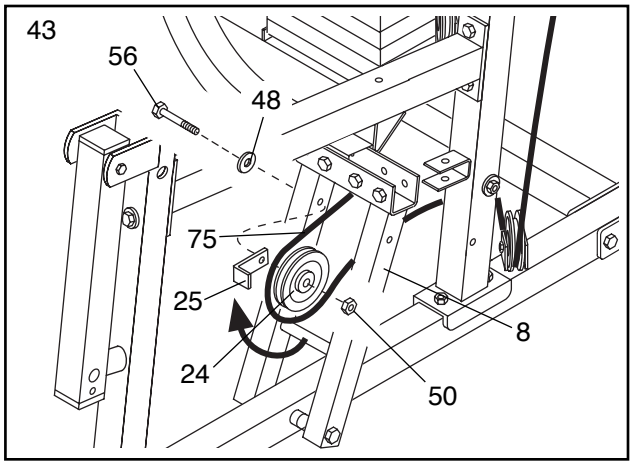
    Wrap the Low Cable (75) around a 3 1/2” Pulley (24) in the direction shown. Attach the Pulley and a Cable Trap (25) to the lower hole in the Pulley Plates (23) with a 3/8” x 2” Bolt (54) and a 3/8” Nylon Locknut (50). **Make sure that the Cable Trap is oriented as shown.**



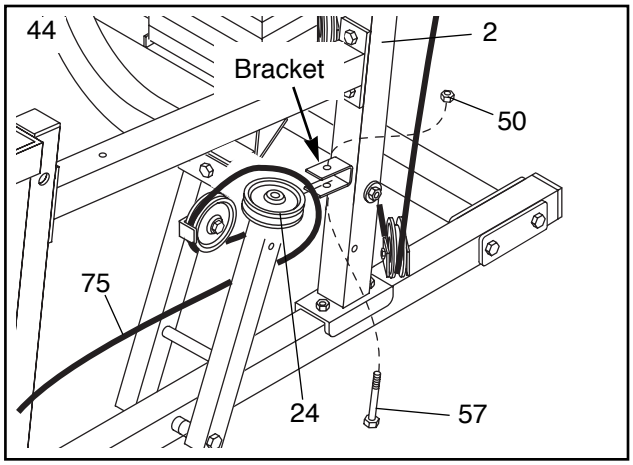
42. Wrap the Low Cable (75) around a 3 1/2” Pulley (24) in the direction shown. Attach the Pulley and a Cable Trap (25) to the indicated hole (make sure that you choose the **upper** of the two holes) in the Press Upright (2) with a 3/8” x 3 3/4” Bolt (59), a 3/8” Flat Washer (48), and a 3/8” Nylon Locknut (50). **Make sure that the Cable Trap is oriented as shown.**



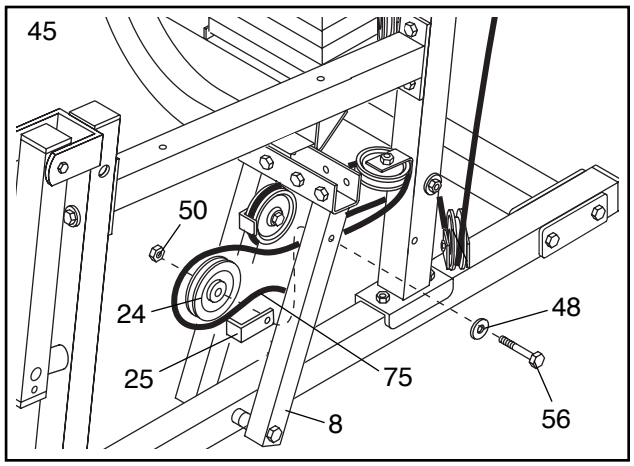
43. Route the Low Cable (75) through the hole in the center of the Press Frame (8). Wrap the Low Cable around a 3 1/2” Pulley (24) in the direction shown. Attach the Pulley and a Cable Trap (25) to the indicated hole in the Press Frame (8) with a 3/8” x 3 1/2” Bolt (56), a 3/8” Flat Washer (48), and a 3/8” Nylon Locknut (50). **Make sure the Cable Trap is oriented as shown.**



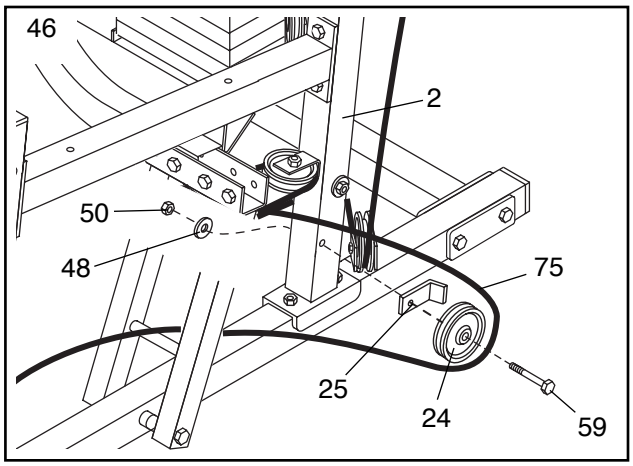
44. Wrap the Low Cable (75) around a 3 1/2” Pulley (24) in the direction shown. Attach the Pulley inside the indicated bracket on the Press Upright (2) with a 3/8” x 1 3/4” Bolt (57) and a 3/8” Nylon Locknut (50).



45. Route the Low Cable (75) through the hole in the center of the Press Frame (8). Wrap the Low Cable around a 3 1/2” Pulley (24) in the direction shown. Attach the Pulley and a Cable Trap (25) to the indicated hole in the Press Frame (8) with a 3/8” x 3 1/2” Bolt (56), a 3/8” Flat Washer (48), and a 3/8” Nylon Locknut (50). **Make sure that the Cable Trap is oriented as shown.**

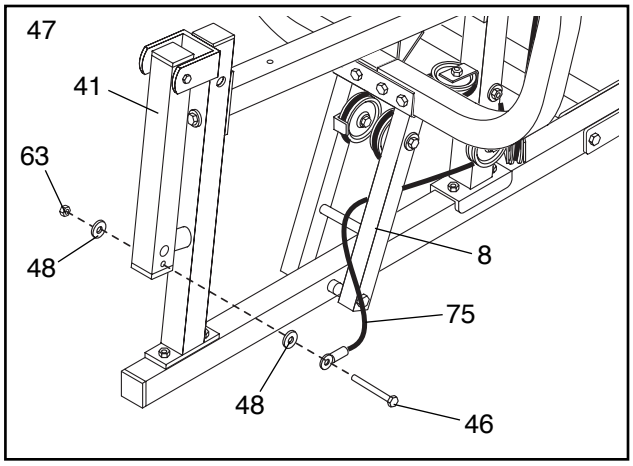


46. Wrap the Low Cable (75) around a 3 1/2” Pulley (24) in the direction shown. Attach the Pulley and a Cable Trap (25) to the indicated hole in the Press Upright (2) with a 3/8” x 3 3/4” Bolt (59), a 3/8” Flat Washer (48), and a 3/8” Nylon Locknut (50). **Make sure that the Cable Trap is oriented as shown.**

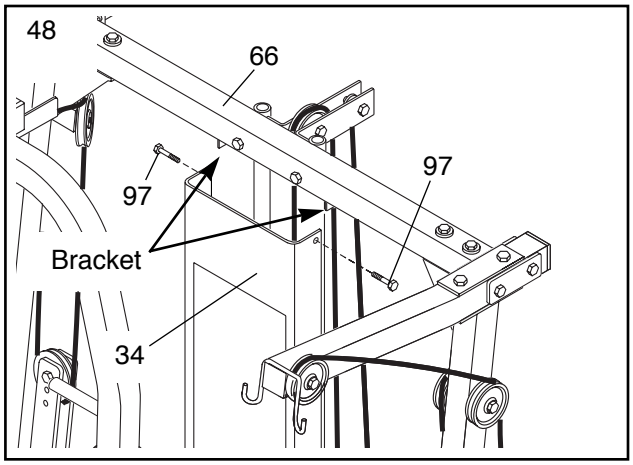


47. Route the Low Cable (75) through the hole in the center of the Press Frame (8). Attach the Low Cable to the indicated hole in the Leg Lever (41) with a 3/8" x 2 3/4" Bolt (46), two 3/8" Flat Washers (48), and a 3/8" Nylon Jam Nut (63).

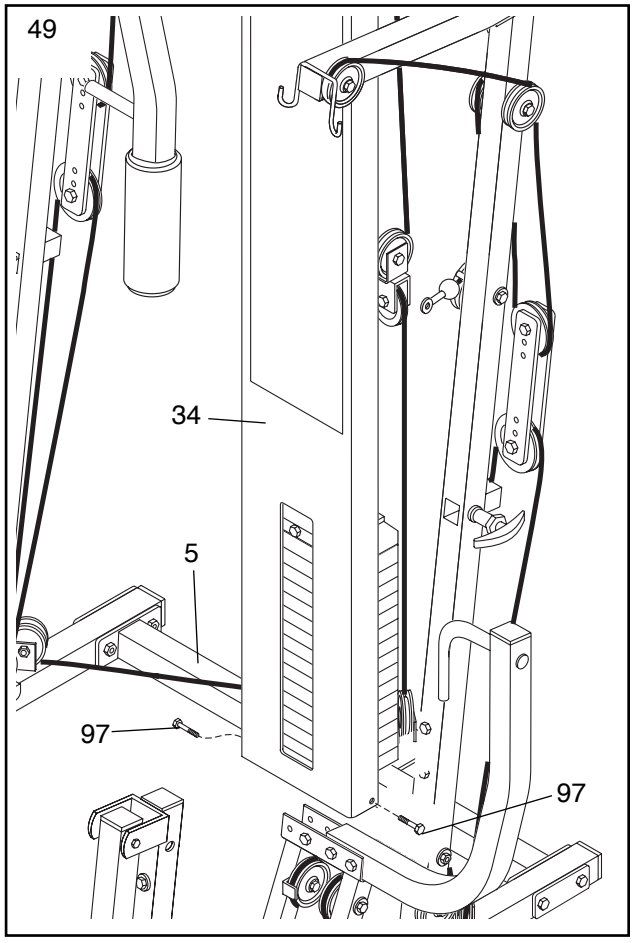
Go back to step to step 27 and follow the instructions to tighten the Cables.



48. Attach the Shroud (34) to the brackets underneath the Weight Top Frame (66) with two 1/4" x 5/8" Screws (97).



49. Attach the Shroud (34) to the brackets on the Weight Base (5) with two 1/4" x 5/8" Screws (97).

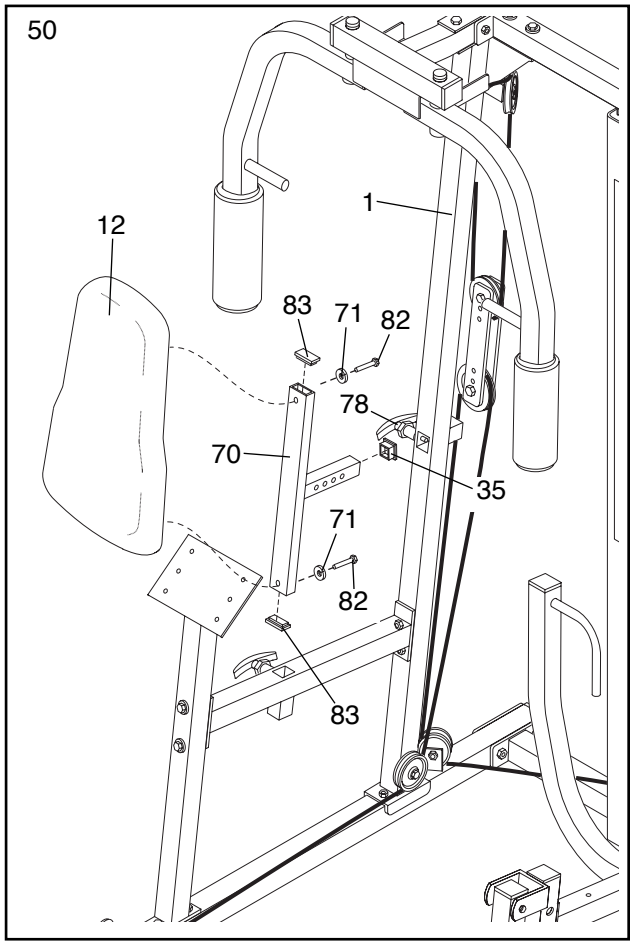


Seat Assembly

50. Press a 1” x 2” Inner Cap (83) into each end of a Backrest Adjustment Frame (70). Press a 1 1/4” Inner Cap (35) into the indicated tube on the Backrest Adjustment Frame.

    Identify the Butterfly Backrest (12). It has only two holes in the back. Attach the Butterfly Backrest to the Backrest Adjustment Frame with two 1/4” x 1/2” Bolts (82) and two 1/4” Flat Washers (71).

    Pull out the handle of the pre-assembled Adjustment Knob (78) and slide the tube on the Backrest Adjustment Frame (70) into the indicated slot in the Butterfly Upright (1). Release the handle of the Adjustment Knob and let the pin on the Knob snap into one of the holes in the Backrest Adjustment Frame.

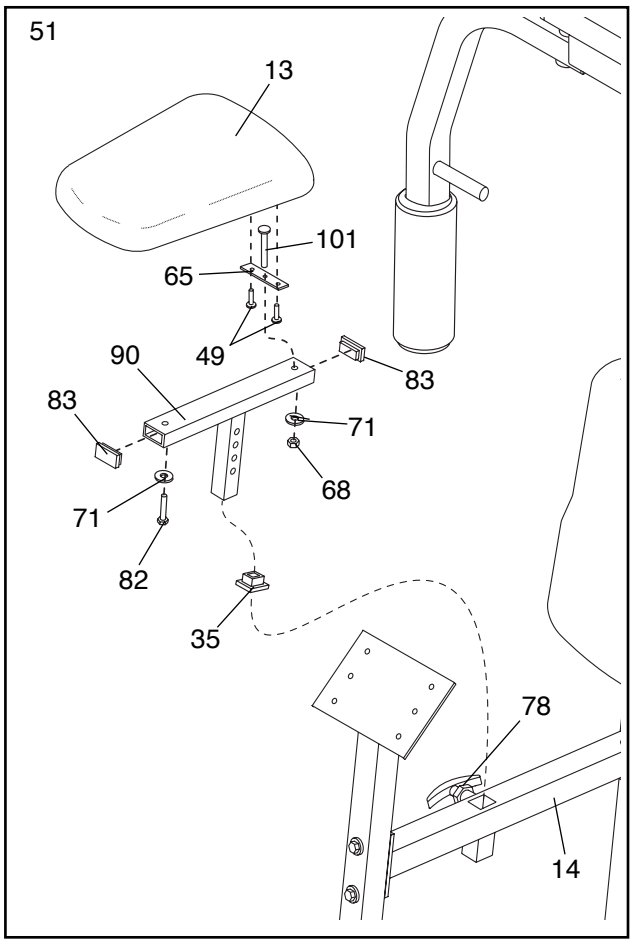


51. Press a 1” x 2” Inner Cap (83) into each end of the Seat Adjustment Frame (90). Press a 1 1/4” Inner Cap (35) into the indicated tube on the Seat Adjustment Frame.

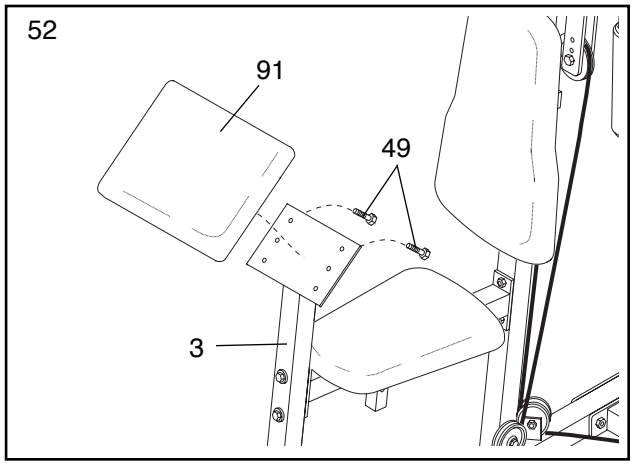
    Insert a 1/4” x 1 1/2” Carriage Bolt (101) through the center hole in a Seat Plate (65). Attach the Seat Plate to a Seat (13) with two 1/4” x 3/4” Bolts (49). Insert the 1/4” x 1 1/2” Carriage Bolt (101) into the indicated hole in the Seat Adjustment Frame (90) and secure it with a 1/4” Flat Washer (71) and a 1/4” Nylon Locknut (68).

    Secure the other end of the Seat (13) with a 1/4” x 1 1/2” Bolt (82) and a 1/4” Flat Washer (71).

    Slide the tube on the Seat Adjustment Frame (90) into the indicated slot in the Butterfly Seat Frame (14) and secure it with the pre-assembled Adjustment Knob (78).



52. Attach the Curl Pad (91) to the welded plate on the Butterfly Front Leg (3) with two 1/4” x 3/4” Bolts (49).

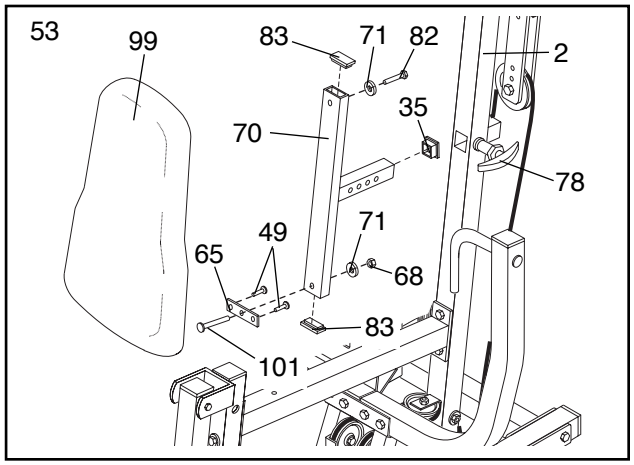


53. Press a 1” x 2” Inner Cap (83) into each end of a Backrest Adjustment Frame (70). Press a 1 1/4” Inner Cap (35) into the indicated tube on the Backrest Adjustment Frame.

Insert a 1/4” x 1 1/2” Carriage Bolt (101) into the center hole in a Seat Plate (65). Attach the Seat Plate to the Press Backrest (99) with two 1/4” x 3/4” Bolts (49).

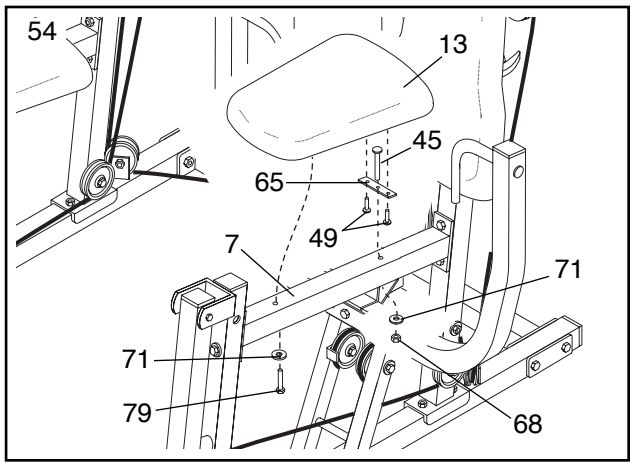
Insert the 1/4” x 1 1/2” Carriage Bolt (101) into the indicated hole in the Backrest Adjustment Frame (70) and secure it with a 1/4” Flat Washer (71) and a 1/4” Nylon Locknut (68). Secure the other end of the Backrest with a 1/4” x 1 1/2” Bolt (82) and a 1/4” Flat Washer (71).

Slide the tube on the Backrest Adjustment Frame (70) into the indicated slot in the Press Upright (2) and secure it with the pre-assembled Adjustment Knob (78).



54. Insert a 1/4” x 2 1/2” Carriage Bolt (45) into the center hole in a Seat Plate (65). Attach the Seat Plate to a Seat (13) with two 1/4” x 3/4” Bolts (49). Insert the 1/4” x 2 1/2” Carriage Bolt (45) into the indicated hole in the Press Seat Frame (7) and secure it with a 1/4” Flat Washer (71) and a 1/4” Nylon Locknut (68).

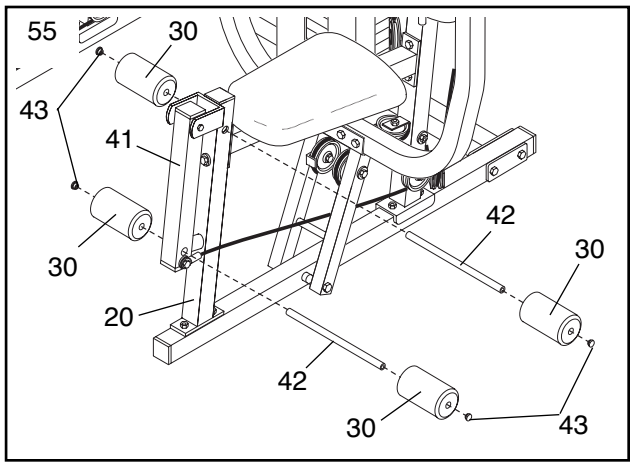
Secure the other end of the Seat (13) with a 1/4” x 2 1/2” Bolt (79) and a 1/4” Flat Washer (71).



55. Press 3/4” Round Inner Caps (43) into the ends of the two Pad Tubes (42).

Insert one Pad Tube (42) into the indicated hole in the Press Front Leg (20). Slide a Foam Pad (30) onto each end of the Pad Tube.

Insert the other Pad Tube (42) into the indicated hole in the Leg Lever (41). Slide a Foam Pad (30) onto each end of the Pad Tube.



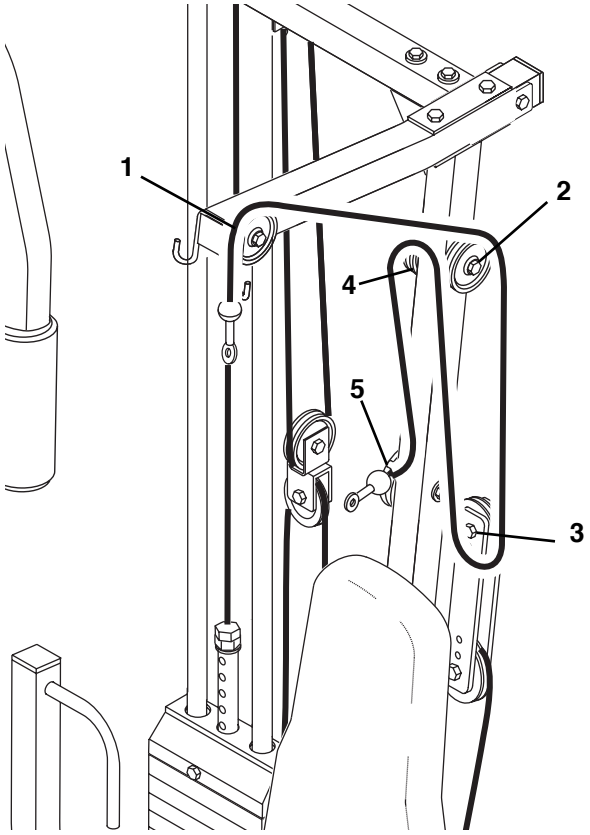
56. Make sure that all parts are properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 25 of this manual.

    Before using the home gym, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See TROUBLESHOOTING AND MAINTENANCE on page 26.**

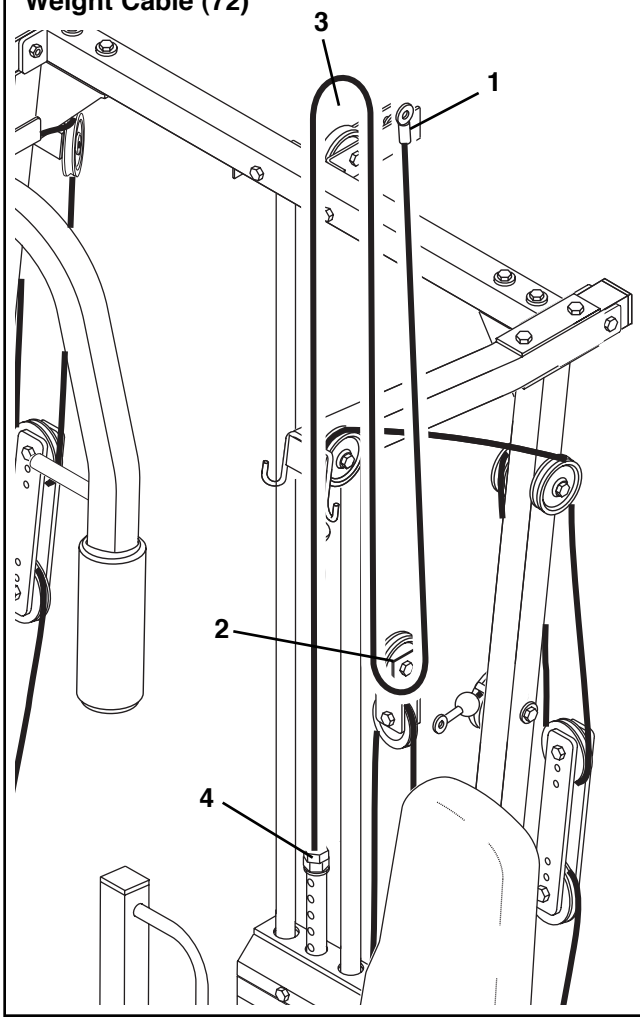
Cable Diagrams

The cable diagrams below and on the next page show the proper routing of the Butterfly Cable (73), the High Cable (74), the Low Cable (75), and the Weight Cable (72). The numbers show the correct route for each Cable. **Make sure that the Cables are routed correctly, that the pulleys move smoothly, and that the cable traps do not touch or bind the Cables. Incorrect cable routing can damage the weight system.**

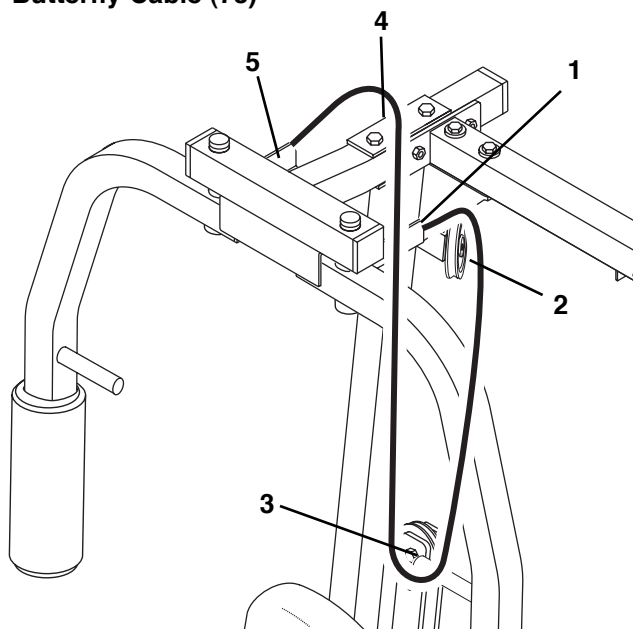
High Cable (74)



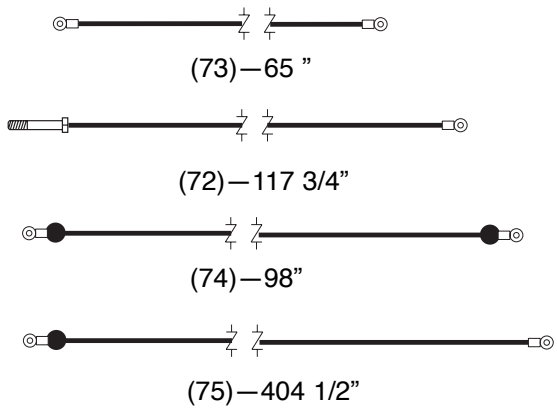
Weight Cable (72)



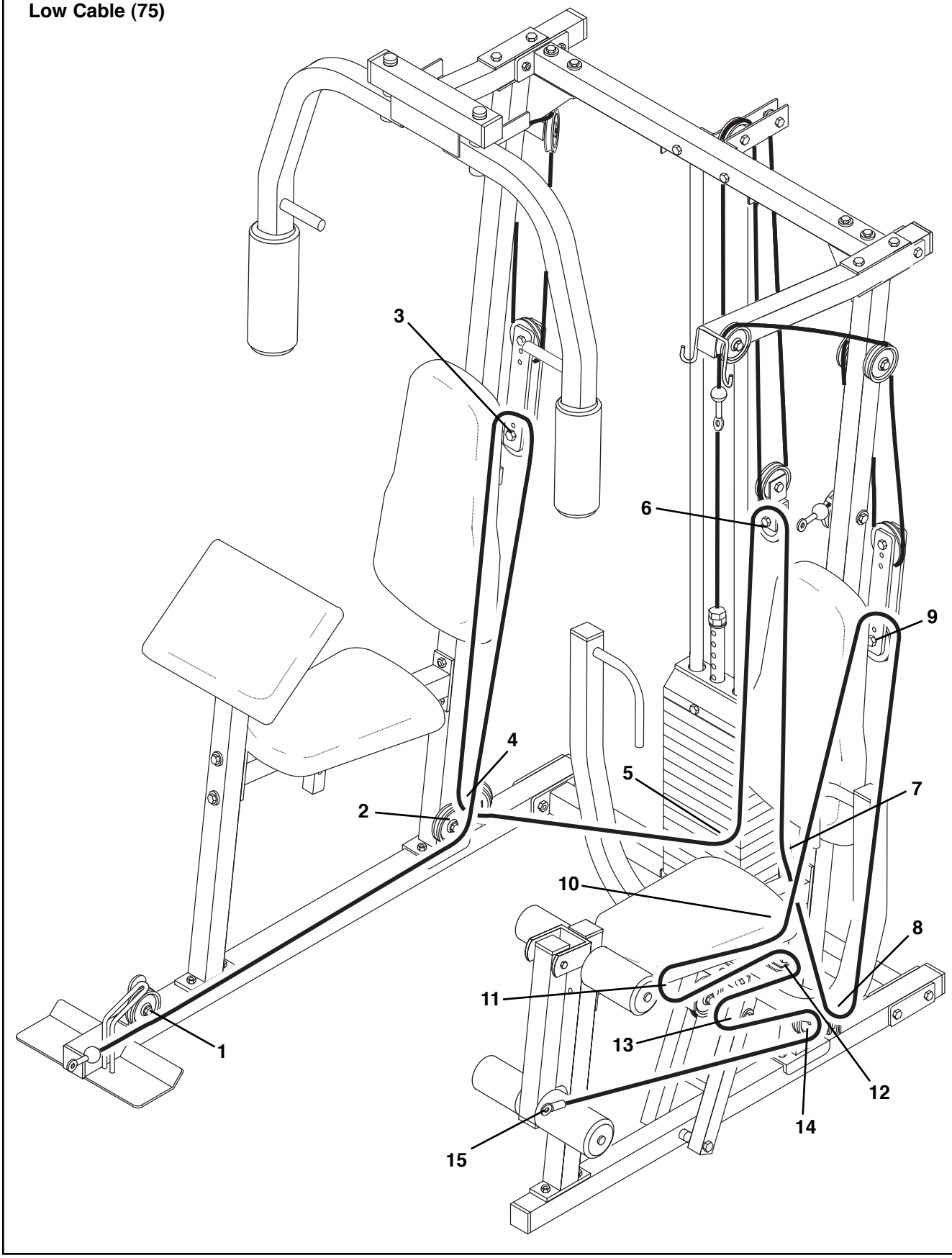
Butterfly Cable (73)



Cable ID Chart



Low Cable (75)



Adjustment

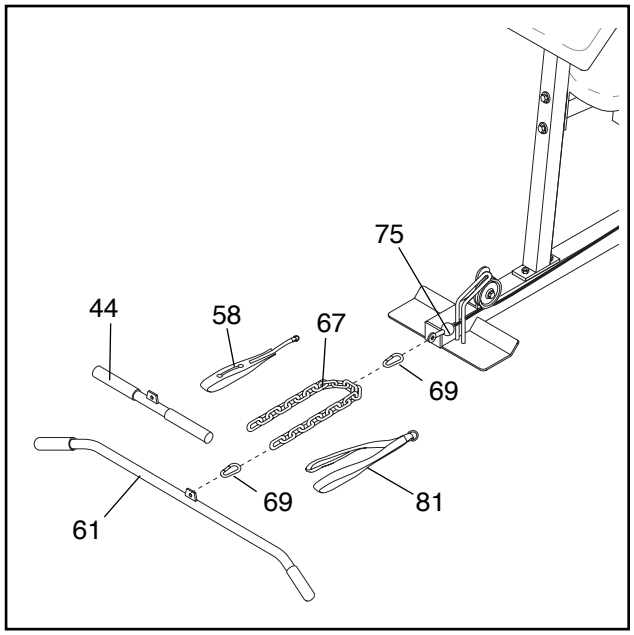
The instructions below describe how each part of the home gym can be adjusted. **IMPORTANT: When using an attachment, make sure it is in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

Attaching the Lat Bar, Row Bar, Nylon Strap, or Ab Strap to the Low Pulley Station, the High Pulley Station, or the Ab Pulley Station.

Attach the Lat Bar (61) to the Low Cable (75) with a Cable Clip (69). For some exercises, the Chain (67) should be attached between the Lat Bar and the Low Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Low Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

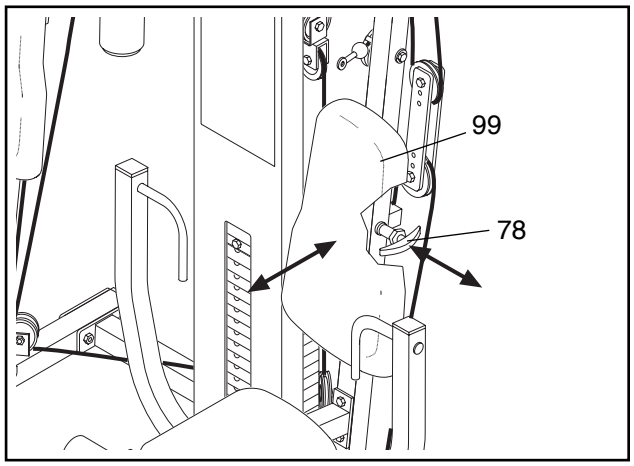
The Row Bar (44), Nylon Strap (58), or Ab Strap (81) can be attached in the same manner.

Use the same method for attaching any of the attachments to the High Cable (74, not shown) at the High Pulley Station or the Ab Pulley Station.



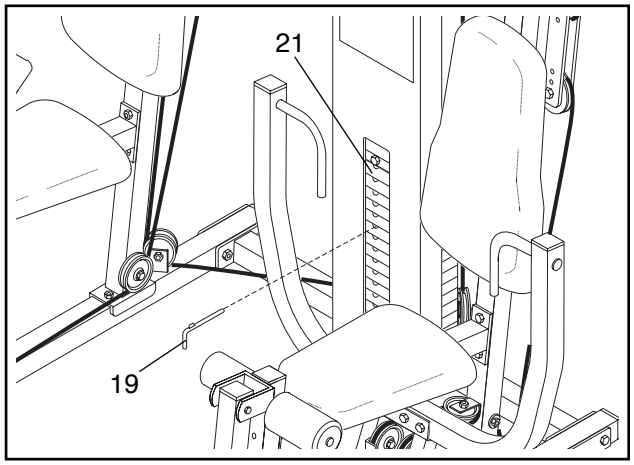
Adjusting the Butterfly Backrest, Butterfly Seat, or Press Backrest

To adjust the Press Backrest (99), pull out the handle of the Adjustment Knob (78) and slide the Backrest in or out as needed. Release the handle of the Adjustment Knob and let the pin on the Knob snap into one of the holes in the Adjustment Frame.



Changing the Weight Setting

To change the setting of the weight stack, insert a Weight Pin (19) under the desired Weight (21). Make sure you insert the Weight Pin as far as it will go. **Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 27 to find the approximate amount of resistance at each weight station.**



Trouble-shooting and Maintenance

Inspect and tighten all parts each time you use the home gym. Replace any worn parts immediately. The home gym can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

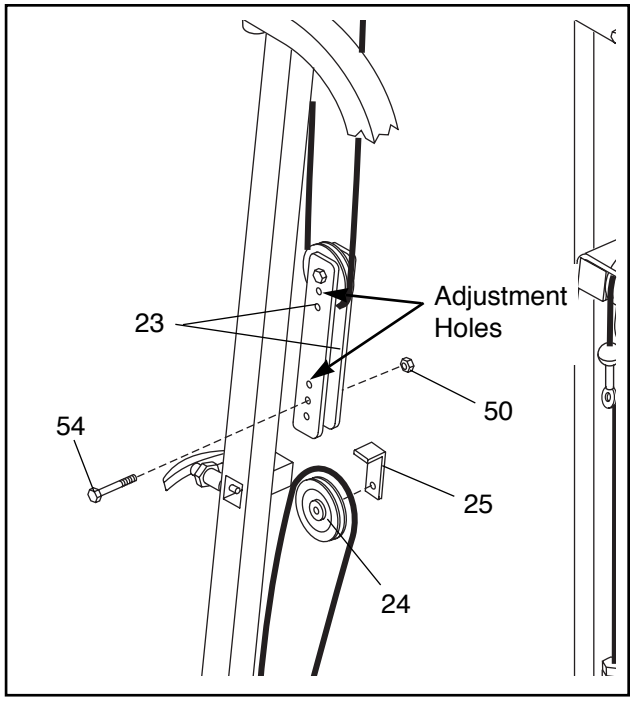
Tightening the Cables

Woven cable, the type of cable used on the home gym, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened.

Slack can be removed from the cables in several different ways:

The Pulley Plates (23) have several sets of adjustment holes. By moving one or both pulleys to a different set of holes, the cables will be tightened.

To move a Pulley, remove the 3/8" Nylon Locknut (50) and the 3/8" x 2" Bolt (54). Remove the Cable Trap (25) and the Pulley (24) from the Pulley Plates (23). Re-attach the Pulley and the Cable Trap to the appropriate hole in the Pulley Plates. **Note: Begin by moving one Pulley to the second adjustment hole. If the Cables are still too loose, move the same Pulley to the third hole. If additional adjustment is needed, move the second Pulley until the Cables are tight.**

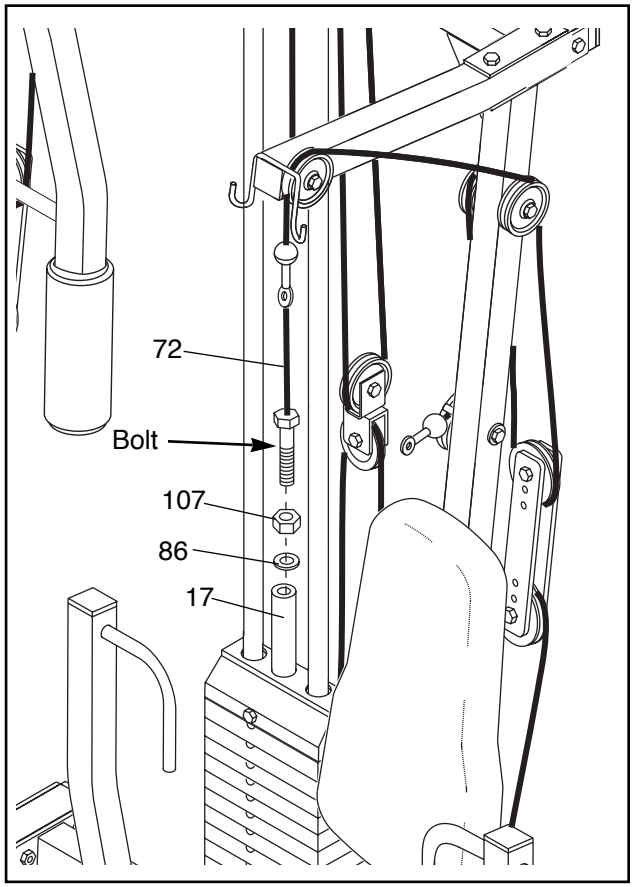


The bolt at the end of the Weight Cable (72) is one of the means for tightening the Cables. Use the following procedure for tightening the Cables: Loosen the 1/2" Plain Nut (107). Thread the bolt at the end of the Weight Cable into the Weight Tube (17) until all Cables are tight and rest firmly in the grooves of all Pulleys. Then tighten the 1/2" Plain Nut (107) onto the 1/2" Washer (86).

Note: The Shroud is shown removed for clarity. The Shroud does not need to be removed to tighten the Cables.

Note: If a Cable tends to slip off the Pulleys often, the Cable may have become twisted. Remove the Cable and re-install it.

If the Cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual

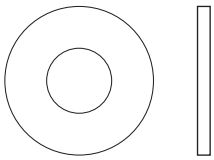


Weight Resistance Chart

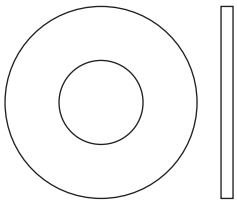
The chart below shows the approximate weight resistance at each exercise station. “Top” refers to the 6 lb. top weight; the other numbers refer to the 10 lb. weight plates. **Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.**

Weight Plates	Leg Raise (lbs.)	High Pulley (lbs.)	Arm Press (lbs.)	Ab Pulley (lbs.)	Low Pulley (lbs.)	Butterfly Arms (lbs.)
Top	40	21	28	18	25	28
1	52	31	40	30	36	40
2	64	42	51	42	46	50
3	76	52	62	53	57	60
4	88	63	74	65	68	72
5	100	73	85	77	78	82
6	112	84	97	89	89	92
7	124	95	108	100	100	104
8	136	105	119	112	110	114
9	148	116	131	124	121	124
10	160	126	142	136	132	134
11	172	137	154	147	142	146
12	184	147	165	159	153	156
13	196	158	176	171	164	166
14	208	169	188	183	174	178

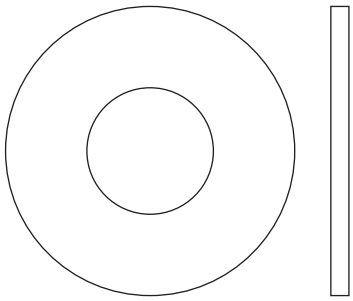
Part Identification Chart—Model No. PFSY64390 R1199A



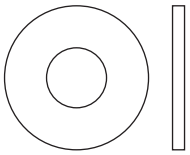
5/16" Washer (36)



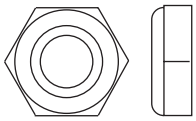
3/8" Flat Washer (48)



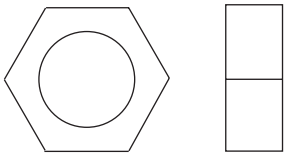
1/2" Flat Washer (86)



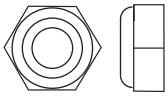
1/4" Flat Washer (71)



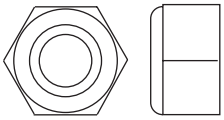
3/8" Nylon Jam Nut (63)



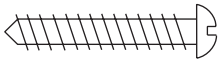
1/2" Plain Nut (107)



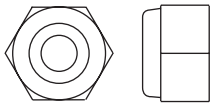
1/4" Nylon Locknut (68)



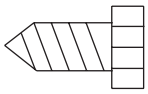
3/8" Nylon Locknut (50)



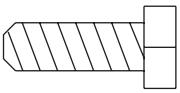
1” Tap Screw (80)



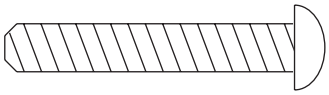
5/16" Nylon Locknut (64)



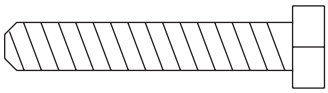
1/4" x 5/8" Screw (97)



1/4" x 3/4" Bolt (49)



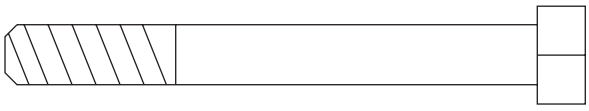
1/4" x 1 1/2" Carriage Bolt (101)



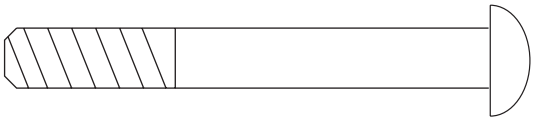
1/4" x 1 1/2" Bolt (82)

1/4" x 2 1/2" Bolt (79)

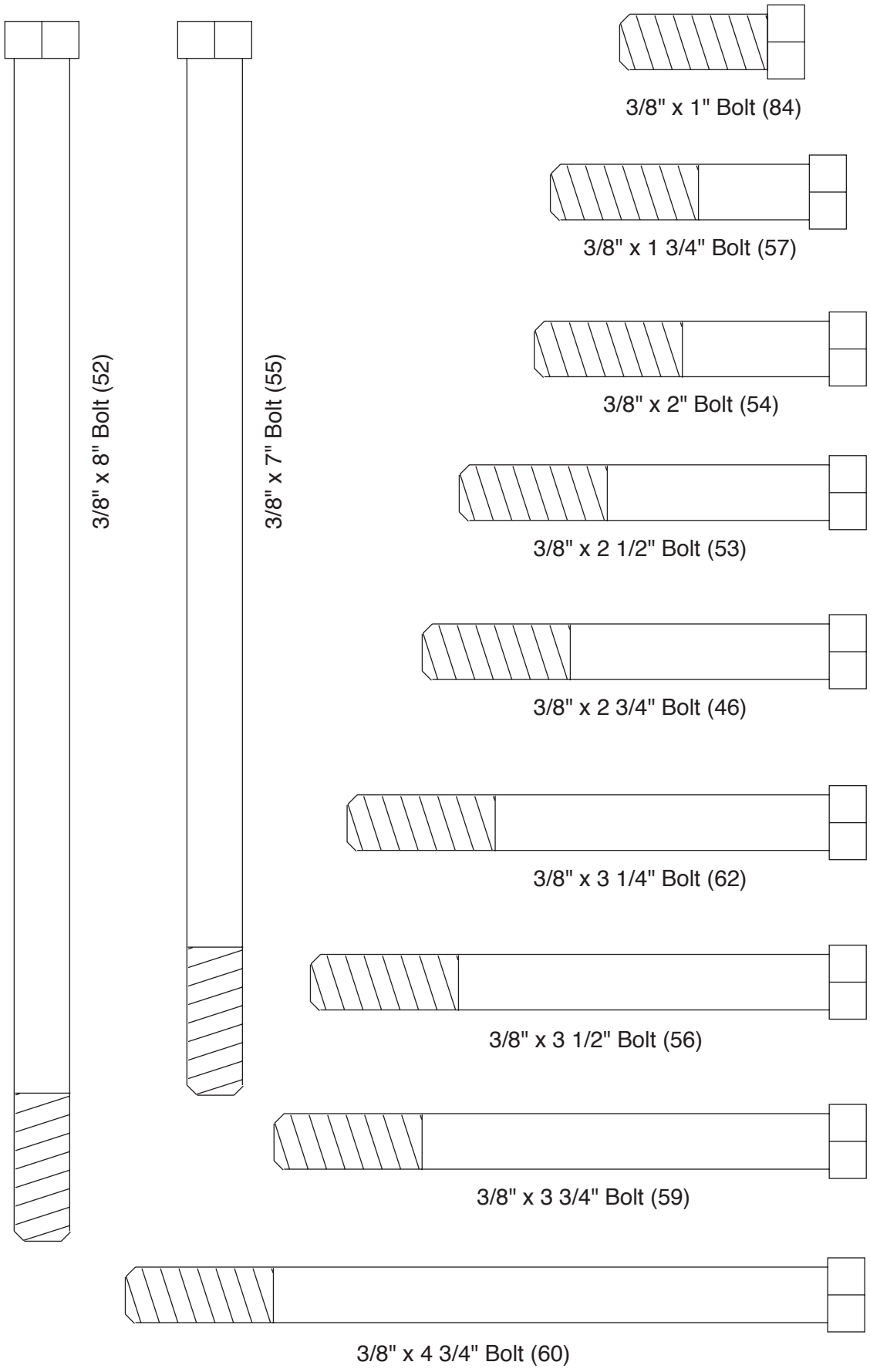
1/4" x 2 1/2" Carriage Bolt (45)

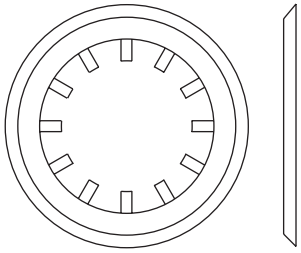


5/16" x 2 3/4" Bolt (89)

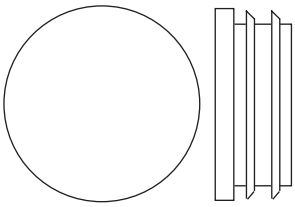


5/16" x 2 1/2" Carriage Bolt (92)

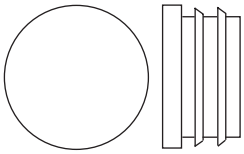

3/8" x 8" Bolt (52)
3/8" x 7" Bolt (55)
3/8" x 1" Bolt (84)
3/8" x 1 3/4" Bolt (57)
3/8" x 2" Bolt (54)
3/8" x 2 1/2" Bolt (53)
3/8" x 2 3/4" Bolt (46)
3/8" x 3 1/4" Bolt (62)
3/8" x 3 1/2" Bolt (56)
3/8" x 3 3/4" Bolt (59)
3/8" x 4 3/4" Bolt (60)



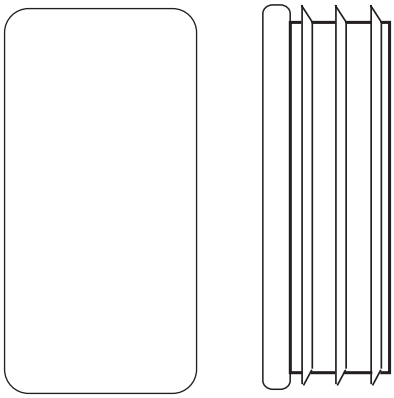
Retainer Ring (31)



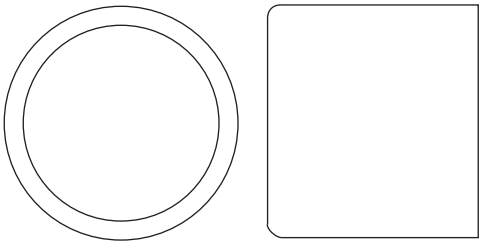
1" Inner Cap (76)



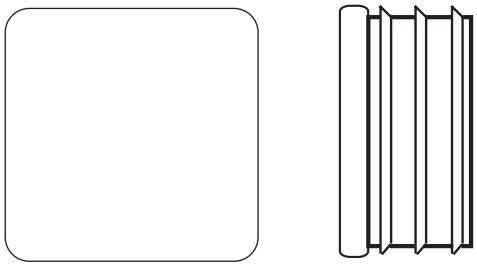
3/4" Round Inner Cap (43)



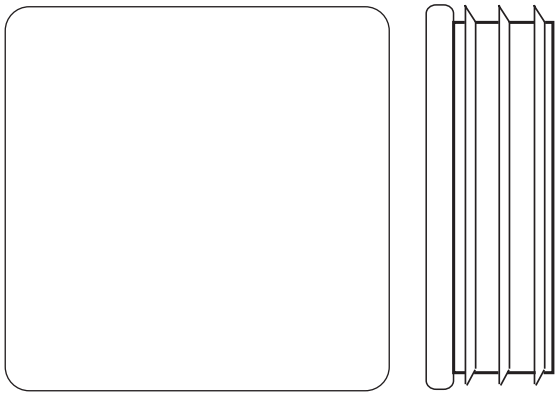
1” x 2" Inner Cap (83)



1" Round Outer Cap (38)



1 1/4" Square Inner Cap (35)



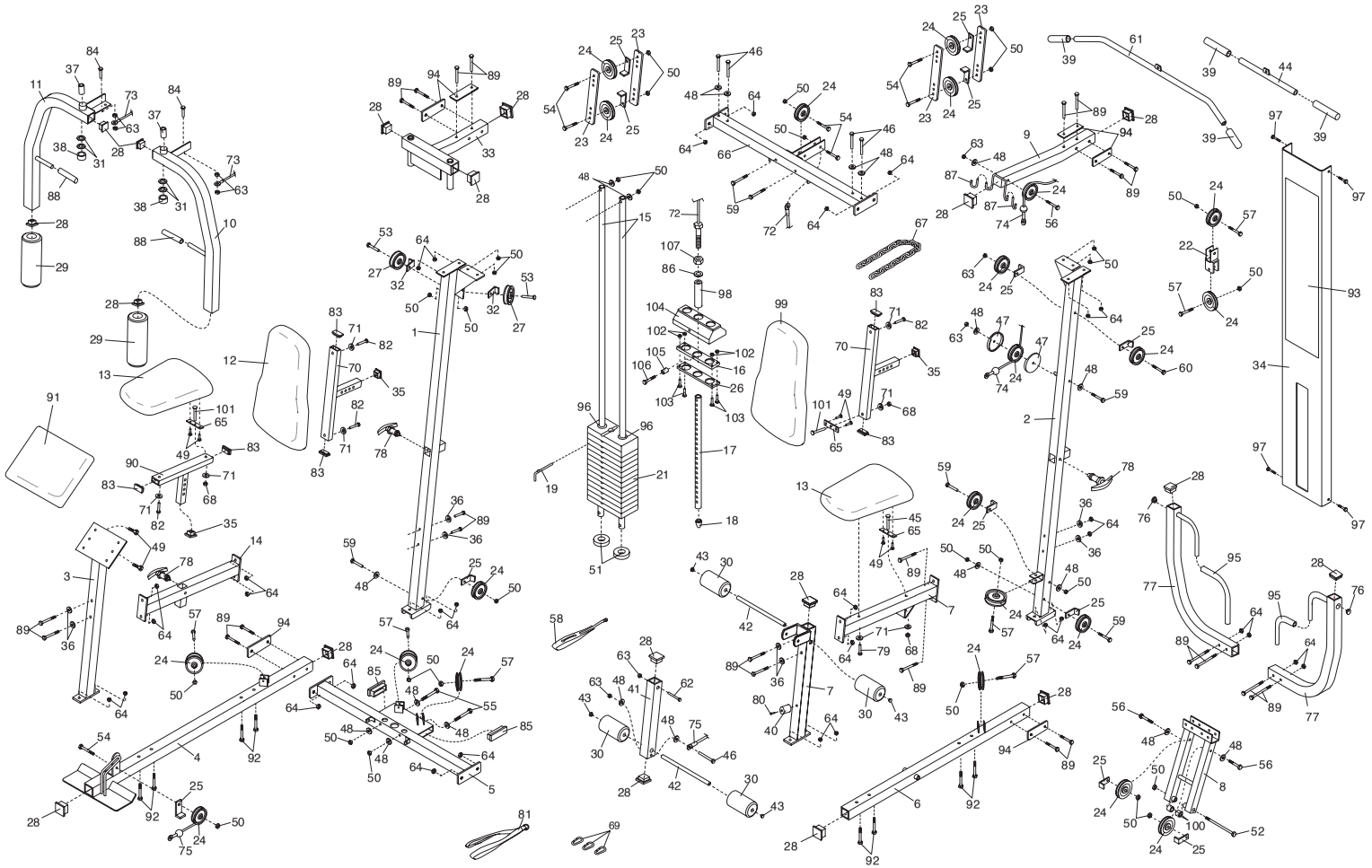
2" Square Inner Cap (28)

Part List—Model No. PFSY64390 R1199A

Key No.	Qty.	Description
1	1	Butterfly Upright
2	1	Press Upright
3	1	Butterfly Front Leg
4	1	Butterfly Base
5	1	Weight Base
6	1	Press Base
7	1	Press Seat Frame
8	1	Press Frame
9	1	Press Top Frame
10	1	Left Butterfly Arm
11	1	Right Butterfly Arm
12	1	Butterfly Backrest
13	2	Seat
14	1	Butterfly Seat Frame
15	2	Weight Guide
16	1	Top Weight
17	1	Weight Tube
18	1	Weight Tube Bumper
19	1	Weight Pin
20	1	Press Front Leg
21	14	Weight
22	1	Pulley Bracket
23	4	Pulley Plate
24	22	3 1/2” Pulley
25	12	Cable Trap
26	1	Weight Support
27	2	“V”-Pulley
28	18	2” Square Inner Cap
29	2	Butterfly Foam Pad
30	4	Foam Pad
31	4	Retainer Ring
32	2	Large Cable Trap
33	1	Butterfly Top Frame
34	1	Shroud
35	3	1 1/4” Square Inner Cap
36	8	5/16” Washer
37	2	Butterfly Arm Bushing
38	2	1” Round Outer Cap
39	4	Plastic Grip
40	1	Bumper
41	1	Leg Lever
42	2	Pad Tube
43	4	3/4” Round Inner Cap
44	1	Row Bar
45	1	1/4” x 2 1/2” Carriage Bolt
46	5	3/8” x 2 3/4” Bolt
47	2	Pulley Covers
48	20	3/8” Flat Washer
49	8	1/4” x 3/4” Bolt
50	30	3/8” Nylon Locknut
51	2	Weight Bumper
52	1	3/8” x 8” Bolt
53	2	3/8” x 2 1/2” Bolt
54	7	3/8” x 2” Bolt
55	2	3/8” x 7” Bolt
56	3	3/8” x 3 1/2” Bolt
57	7	3/8” x 1 3/4” Bolt
58	1	Nylon Strap
59	6	3/8” x 3 3/4” Bolt
60	1	3/8” x 4 3/4” Bolt
61	1	Lat Bar
62	1	3/8” x 3 1/4” Bolt
63	9	3/8” Nylon Jam Nut
64	30	5/16” Nylon Locknut
65	3	Seat Plate
66	1	Weight Top Frame
67	1	Chain
68	3	1/4” Nylon Locknut
69	3	Cable Clip
70	2	Backrest Adjustment Frame
71	8	1/4” Flat Washer
72	1	Weight Cable
73	1	Butterfly Cable
74	1	High Cable
75	1	Low Cable
76	2	1” Inner Cap
77	2	Press Arm
78	3	Adjustment Knob
79	1	1/4” x 2 1/2” Bolt
80	1	1” Tap Screw
81	1	Ab Strap
82	4	1/4” x 1 1/2” Bolt
83	6	1” x 2” Inner Cap
84	2	3/8” x 1” Bolt
85	2	2” x 4” Inner Cap
86	1	1/2” Flat Washer
87	2	Small Grip
88	2	Butterfly Grip
89	24	5/16” x 2 3/4” Bolt
90	1	Seat Adjustment Frame
91	1	Curl Pad
92	8	5/16” x 2 1/2” Carriage Bolt
93	1	Exercise Decal
94	6	Support Plate
95	2	Press Grip
96	28	Weight Insert
97	4	1/4” x 5/8” Screw
98	1	Long Weight Spacer
99	1	Press Backrest
100	2	Plastic Bushing
101	2	1/4” x 1 1/2” Carriage Bolt
102	4	1/4” Nylon Jam Nut
103	4	1/4” x 1 1/2” Screw
104	1	Plastic Weight Cover
105	1	1/2” x 3/4” Spacer
106	1	3/8” x 1 1/4” Button Head Screw
107	1	1/2” Plain Nut
#	1	User’s Manual

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.

Exploded Drawing—Model No. PFSY64390 R1199A



Ordering Replacement Parts

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (PFSY64390)
- The NAME of the product (PROFORM® 875 home gym)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING attached at the center of this manual).

Limited Warranty

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be preauthorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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